Understand your Medicine
Talk to your medical provider
ASK QUESTIONS!

Your Community Health Center Cares About You

Live free with diabetes Take Your Medicine

KNOW YOUR MEDICINE
FOLLOW A SCHEDULE
MOST IMPORTANTLY
TAKE YOUR MEDICINE

It will help keep you healthy

Want More Information?
Ask your medical provider.
Call the American Diabetes Association.
1-800-DIABETES
(1-800-342-2383)

It Will Help You Stay Healthy!

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Information is only for educational purposes and not intended as medical advice. To determine if it is appropriate for you, consult your medical provider.
**Medicine for Diabetes**

**Medicine, A Healthy Lifestyle, and Diet**

It helps keep control of your blood sugar

**High blood sugar causes preventable health problems**

Stroke  | Heart Disease  | Kidney Problems  | Foot Problems  | Eye Problems

- Insulin helps your body use the extra sugar in your blood as energy
- Some people take pills and insulin
- There are also other injectable medications for diabetes

**Pills for Diabetes**

- There are many kinds of pills for diabetes
- They work in different ways to lower your blood sugar

**Insulin**

- Insulin helps your body use the extra sugar in your blood as energy
- Some people take pills and insulin
- There are also other injectable medications for diabetes

**Understand Your Medicine**

Know why you are taking it
Know how it works

Do not be afraid to tell your medical provider if:

- You have problems with your medicine, you run out of medicine, or you cannot afford your medicine

**ALWAYS take your medicine as directed**

NEVER skip or double up on your medicine

Know your schedule and STICK TO IT!

REMEMBER, your medicine, diet, and a healthy diet are the keys to diabetes control