



# November is...

- ◆ There are 3.7 million African American children and adults in the United States with diabetes.
- ◆ Diabetes is controllable, however, uncontrolled diabetes can lead to heart disease or strokes.

**AMERICAN**

**DIABETES**

**MONTH**

## 4 Steps to Control Your Diabetes for Life

### Step 1: Learn about diabetes

Diabetes means that your blood glucose (blood sugar) is too high. Type 2 diabetes is the most common type seen in adults.

### Step 2: Know your diabetes ABC's

Know your:    **A1c**  
                    **Blood Pressure**  
                    **Cholesterol**

### Step 3: Manage your diabetes

Develop a self-care plan that includes diet, exercise, weight control, foot care, and blood sugar monitoring

### Step 4: Get routine care to avoid problems

See your health care provider at least twice a year.

*National Diabetes  
Education Program*

*[www.ndep.nih.gov](http://www.ndep.nih.gov)*

For information on JHS Community Outreach Activities call  
601-979-8700