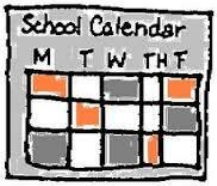
HOW DIABETES AFFECTS YOUR FAMILY

Your family and friends are people with which you have a relationship and share your life. They care about and are affected by your health.

Members of your family may be responsible for doing the food shopping for your household. It is important they understand what kind of food you need to help control you blood sugar.

Friends or family members may prepare food that you eat in your home or in their homes. If they understand your diabetes, they can help prepare foods that help you control your blood sugar.

Family members or friends may provide transportation or accompany you to medical appointments. They can help make sure getting to your healthcare visits to your doctor are a priority.



When Family Members And Friends You Trust Become Part Of Your Health Team:

1. They can help you with your self-management goals.
2. Your blood sugar control is likely to be better.
3. Your confidence to take care of your diabetes goes up.
4. You are less likely to experience depression.
5. You have less stress hormones in your body.

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