

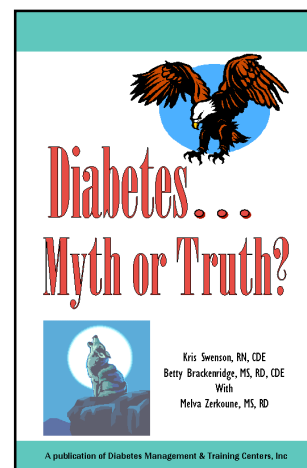
HAVE YOU READ THE MYTH BOOK?

If you still believe that

**People with diabetes can't eat sweets
Blood sugar doesn't matter as long as you feel alright, or
"Bad diabetes" is the kind where you take insulin**

Maybe it's time you did!

**These and other outdated myths and misconceptions
could be standing between you and a happier,
healthier life with diabetes.**



Diabetes: Myth or Truth? was written especially for Native and Aboriginal people in North America by Kris Swenson, RN, CDE and Betty Brackenridge, MS, RD, CDE, diabetes educators with over 50 years experience. All versions of "The Myth Book" are part of the "Discovering Diabetes" patient education program, now used in over 40 diabetes programs throughout the US and Canada.

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If someone says taking insulin means you have "bad diabetes," who is speaking?

That's Coyote trying to trick you. Diabetes that is out of control is "bad," no matter how it is treated. Most folks with type 2 diabetes need insulin at some point to control blood sugar. So taking insulin is not a failure or a punishment, just a needed treatment.

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	Only in English: 60 minute DVD to accompany the original Myth Book.	\$19.95	\$3.50/\$4.50 per copy	
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