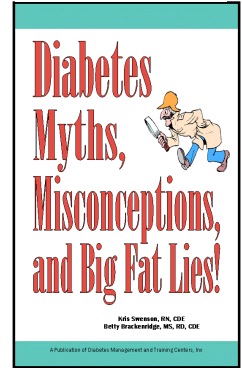


HAVE YOU READ THE DIABETES MYTH BOOK?

In English

If you or someone you love still believes that...

- ◆ People with diabetes can't eat sugar
- ◆ The doctor takes care of diabetes
- ◆ "Bad diabetes" is the kind where you take insulin, or
- ◆ Blood sugar doesn't matter as long as you feel alright...

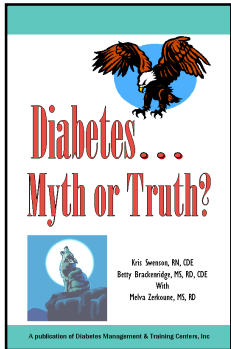


Maybe it's time you did! These and many other myths are common.

If people believe things about their diabetes that aren't true, it can cause them to make poor decisions. Or they may be working harder than they really need to because they don't know all their options. This book can help you find and correct any diabetes myths that are complicating your life. It will also help you understand and use today's most current diabetes knowledge. Written by diabetes educators Kris Swenson, RN, CDE and Betty Brackenridge, MS, RD, CDE for the "Discovering Diabetes" patient education program.

Now also available in two new versions:

For Native People



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.

In Spanish



Mito: Personas con diabetes deberían comer alimentos "sin azúcar."

Realidad: Usted no necesita alimentos "sin azúcar" para controlar su nivel de glucosa. De hecho, muchos alimentos "sin azúcar" incrementan el nivel de glucosa, tanto como los otros alimentos que contienen carbohidratos. La única forma de saber si un alimento le esta funcionando adecuadamente es midiéndose el nivel de glucosa.

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