

**“Pass down your recipes not your diabetes.”**

**November is  
American Diabetes Month**

Nearly 400,000 adults in Missouri have been diagnosed with diabetes. Based on national estimates, another 97,000 may not know they have diabetes. During American Diabetes Month you can learn about the importance of screenings and control.

If you have symptoms such as excessive thirst, frequent urination, extreme hunger or sores that do not heal, or have a family history of diabetes, get a screening.

Diabetes is a life-threatening condition, but healthy choices can help you live with the disease and avoid or delay many of its complications such as heart attack, stroke, amputation and kidney disease. Control your diabetes by:

- maintaining a healthy weight and getting regular physical exercise
- checking your own blood sugar
- getting an A1C test two to four times a year
- practicing preventive care such as foot exams, dental exams and flu and pneumonia shots

**Live Like Your Life Depends On It.**

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