

# Life With Diabetes

Sierra has taught Juan about his diabetes, and now he's ready to live a healthy life.  
And there's nothing he won't be able to do now that he's got his diabetes under control.

I don't know but I've been told ...  
Brushing teeth never gets old ...

It's important, especially When you live with diabetes.

Does that rhyme?

Each day, Juan is now careful to take good care of his teeth because diabetes can make it easier for germs to cause cavities and infections.

He's also careful to check his glucose levels several times a day just exactly as his doctor recommended.

Tada-Tadoodle.

I don't know but I've been told...  
Eat a meal both hot and cold ...  
Eat egg whites or even Wheaties ...  
To keep control of your diabetes.

Okay, that one rhymes!

He's careful to eat good healthy meals and to eat regularly to keep his blood sugar in check.

He's careful to get proper exercise every day. At least sixty minutes.

I don't know but I've been told...  
Exercise helps us to mold...  
A healthy body of strength and ease...  
To maintain control of diabetes.

Okay, now he's pushing it again.

He's good about monitoring his glucose level, especially after meals and exercise which is what his doctor

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recommended for him.

Juan gets regular visits with his doctor, to monitor and maintain his health, making sure he's ready for the tasks ahead.

I don't know but I've been told...  
Doctors help to keep controlled ...  
Regular visits to check your feeties ...  
Part of life with diabetes.

Feeties? Oh brother.

Good skin and healthy feet are a sign that his diabetes is in check.

Nobody's perfect. Blood sugar control can be tricky, even when you do all the right things.  
But keeping on top of things will allow you to do extraordinary things.

Mission control to Health Voyager 1, do you read? Over.

Roger. Loud and clear Mission Control.

We have completed status check and we are go for launch.

Copy that. Let's light this candle!

R-R-R-Roger. Power transfer is complete. Ignition sequence start. 5...4...3...2...1...lift off!!! We have lift off!

WOOO HOOO!!!! YES!!!

By maintaining control of your diabetes, the sky's the limit.

Looks like the sky is not even the limit!

Diabetes might sound scary, but lots of people have it and learn to control it.

Juan did, and he's off to the moon!

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You can do anything with diabetes, as long as you keep on top of it.

Learn as much as you can about it.

Knowledge is power!