

Diabetes Care

Take care of your health to improve quality of life.

Diabetes is a chronic health condition. It occurs when the body is unable to make or use insulin properly. This causes abnormal blood sugar levels, which affects every part of your body. One in five people with diabetes don't even know they have it.

Symptoms: Increased thirst, hunger, and fatigue. Frequent urination. Unexpected weight loss. Wounds that do not heal. Blurred vision.

Talk to your doctor if you have any of these symptoms.



If you are living with Diabetes...

Health Tips

1. See your doctor regularly. Complete screenings such as lab work, blood pressure, and eye exams.
2. Check your blood sugar every day and keep a log.
3. Take your medication as directed.
4. Eat a good diet including whole grains, fruits and non-starchy vegetables, lean protein, and dairy.
5. Stay active and maintain a healthy weight.



Helpful Resources

- Attend a Diabetes education program.
- See a Nutritionist to learn more about a healthy diet.
- American Diabetes Association offers health services. Call: 323-966-2890.
- Los Angeles County Department of Public Health provides health information and local resources: <http://publichealth.lacounty.gov/diabetes>