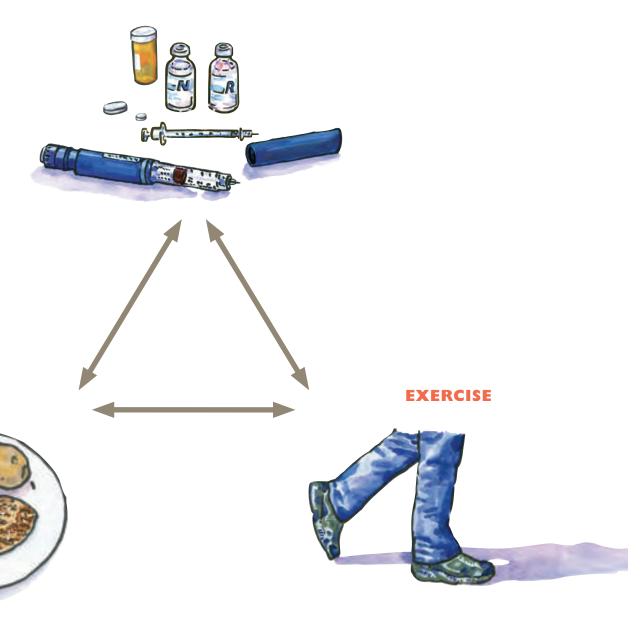


MEDICATIONS

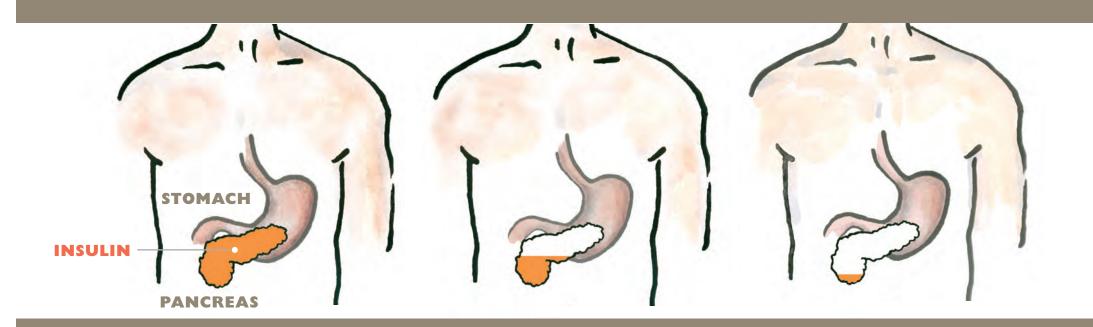


HEALTHY BALANCE

HEALTHY

EATING

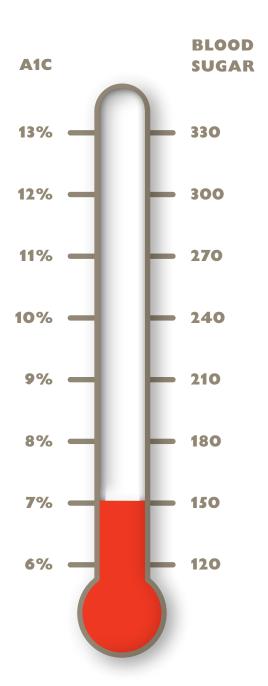
WHY DO I NEED INSULIN?



WHERE DO YOU WANT TO BE?

Goal: A1C under 7%

PROTECT YOUR:
EYES
KIDNEYS
NERVES
HEART



GO FOR IT

You can do it!



1. WASH

GET READY

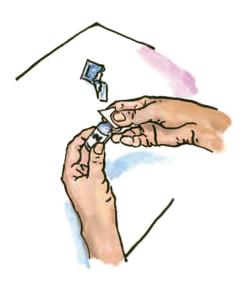
2. ROLL

How to draw up insulin

3. WIPE









INJECT





4. HOW MUCH?

7. INJECT



5. PUT AIR IN 8. PUSH, COUNT TO SIX, REMOVE



6. PULL INSULIN OUT

9. TOSS SAFELY



SLOW INSULIN

...even
when
you
don't eat



WATCH OUT FOR LOW BLOOD SUGARS

You might feel

SWEATY
HUNGRY
DIZZY
CONFUSED
FAST HEART BEAT

You might see

BLOOD SUGAR UNDER 70



½ CUP JUICE



WHEN YOUR
BLOOD SUGAR IS LOW

3 TEASPOONS SUGAR



Choose one

4 GLUCOSE TABLETS



6 HARD CANDIES

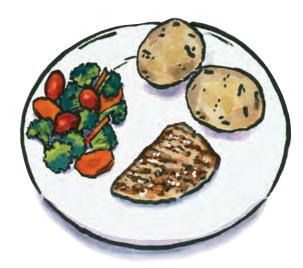






HEALTHY PLATE

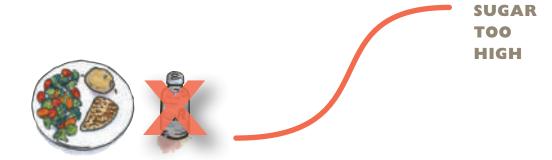
HOW DOES EATING
CHANGE YOUR BLOOD SUGAR?







EATING WITHOUT FAST INSULIN



FAST INSULIN

EATING WITH FAST INSULIN







SUGAR NORMAL

FAST INSULIN WITHOUT FOOD





