

# Understand your Medicine

Talk to your medical provider

ASK QUESTIONS!



KNOW YOUR MEDICINE

FOLLOW A SCHEDULE

MOST IMPORTANTLY

**TAKE YOUR MEDICINE**

It will help keep you healthy

# Your Community Health Center Cares About You

## Want More Information?



Ask your medical  
provider.

Call the American  
Diabetes Association.  
1-800-DIABETES  
(1-800-342-2383)



Information is only for  
educational purposes.  
and not intended as medical advice.  
To determine if it is appropriate for you,  
consult your medical provider.

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Live free with diabetes

# Take Your Medicine



# It Will Help You Stay Healthy!



# Medicine for Diabetes

## Medicine, A Healthy Lifestyle, and Diet

It helps keep control of your blood sugar

High blood sugar causes preventable health problems



Stroke



Heart Disease



Kidney Problems



Foot Problems



Eye Problems



## Pills for Diabetes

- There are many kinds of pills for diabetes
- They work in different ways to lower your blood sugar



## Insulin

- Insulin helps your body use the extra sugar in your blood as energy
- Some people take pills and insulin
- There are also other injectable medications for diabetes

## Understand Your Medicine

Know why you are taking it  
Know how it works



Do not be afraid to tell your medical provider if:

- You have problems with your medicine, you run out of medicine, or you cannot afford your medicine

## ALWAYS take your medicine as directed

NEVER skip or double up on your medicine



Know your schedule  
and  
STICK TO IT!

REMEMBER, your medicine, diet, and a healthy diet are the keys to diabetes control