

Diabetes Doesn't Have to Get You Down



**Not if you get your A1C, LDL
and eyes tested once a year.**

Please don't put off going to the doctor.

An A1C test will tell you how your blood sugar has been doing for the past few months. Your doctor will also want to test your LDL level. LDL is a substance in your blood that can clog your arteries over time. An eye exam will check your vision health.

Taking these steps will help your eyes, heart, kidneys and nerves to keep working properly.

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