American Diabetes Association

2nd edition

Staying ealthy with Diabetes

(& Avoiding Complications)

University of New Mexico Diabetes Care Team

Avoid Complications of the Heart, Kidneys, Eyes, Feet, and Skin • Maintain Healthy Blood Sugar Levels • Learn to Stay Healthy for Life and Much, Much More!

101 Tips For Staying Healthy With Diabetes And Avoiding Complications

Camilla Rothe

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