

The goals of diabetes treatment are to prolong your life, reduce your symptoms and prevent complications such as blindness, heart/vascular disease, kidney failure and nerve damage that can lead to loss of limbs.

CTMC can help you manage the following:

- Blood sugar control
- Positive lifestyle changes
- Blood pressure and cholesterol control
- Diabetes Education
- Regular Activity
- Foot care
- Meal planning and weight control
- Medication/insulin use

CTMC Diabetes Programs

- 'Keys to Control,' our individualized diabetes education program, is available in English and Spanish by doctor's orders.
- Free blood sugar screenings and risk assessments are offered the first Wednesday of the month in CTMC's main lobby from 9-10 a.m.
- CTMC's CREATION Health Diabetes Support Group meets twice a month on Thursdays from 6:00-7:30 p.m. in the CTMC Community Classroom.

**Learn more about
CTMC's diabetes services
by calling 512.753.3706.**

Se habla Español

Do you have **Diabetes?**



Diabetes Symptom Checklist:

- Do you often feel extremely thirsty?
- Do you need to pass urine very frequently?
- Has your eyesight deteriorated recently?
- Have you experienced unexpected weight loss?
- Are you prone to suffering from genital itching or regular episodes of thrush?
- Are you often very tired?
- Do skin cuts take longer to heal?

Diabetes Risk Factor Checklist:

- Are you over 40?
- Are you overweight?
- Do you have heart problems?
- Do you have circulation problems?
- Do you have high blood pressure?
- Have you had ulcers on your legs or feet?
- Do other people in your family have diabetes?
- Are you from an American Indian, African American, Hispanic or Pacific Island background?

If you checked two or more of the symptoms or risk factors, you may be at increased risk of diabetes and should consider a simple blood glucose test or visit with your family doctor.

Diabetes is a chronic (lifelong) disease caused by high levels of sugar in the blood. Those high levels can create problems for systems in your body and can cause damage over time. Once you realize you are diabetic, take steps to manage your blood sugar and educate yourself.