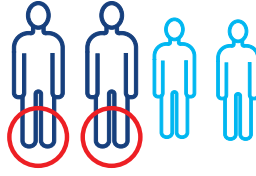


# Manage Your Diabetes Symptoms

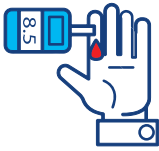
Don't Let Your Symptoms Manage You!



The CDC estimates that over 37 million Americans are living with diabetes.



Diabetic neuropathy affects about **half** of all diabetics — characterized by nerve damage, typically affecting patients' legs and feet.



**EARLY DETECTION TOOLS** are a standard part of diabetes care.

- Disposable monofilaments
- Diabetic neuropathy devices
- Baseline tuning forks



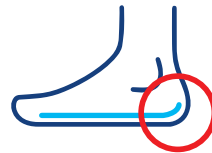
**EXERCISE AND WEIGHT MANAGEMENT** are key elements of self-care for diabetics.

- Know the proper foods and food combinations
- Engage in moderate exercise regularly
- Know how diet and exercise affect blood sugar



**PROPER WOUND CARE** is essential for those with diabetes.

- Keep wounds clean and properly dressed
- Inspect skin every day
- Avoid shoes or socks that are too tight



**HEELS MUST BE PROTECTED** to help prevent and maintain overall health.

- Wear good-fitting shoes – avoid “pressure points”
- Moisturize and inspect feet daily
- Use approved heel inserts when appropriate

Diabetes patients are almost **50% MORE LIKELY TO DEVELOP GLAUCOMA** and **2-5 TIMES MORE LIKELY TO DEVELOP CATARACTS** than those without diabetes.

Diabetics should make these lifestyle changes to preserve their eye health:

- Manage blood sugar
- Maintain a healthy blood pressure
- Quit smoking
- Undergo annual professional eye exams with dilation



According to the National Institute of Health, **proper self-care and regular visits to your doctor** can drastically reduce the incidences of diabetes complications.

AliMed understands the concerns of those living with these issues, and we are here to serve our clients, armed with the latest information and most innovative products to help you manage your diabetes. To learn more, please visit [AliMed.com](http://AliMed.com).