

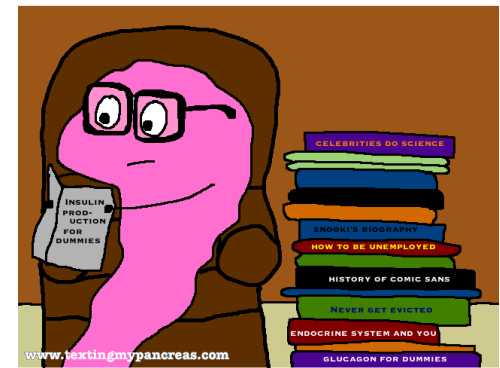
DIABETES TOOLBOX

WHY?

Knowledge is Power!

Meet your tour guide,
Pete the Pancreas

"You expect me to do WHAT NOW?"



Finger Lakes Rural Health Network



What's next?

- Select the tool for information on that subject

"You expect me to do WHAT NOW?"



What's in your tool box?



Diabetes, just what is this?



Medications, not insulin



Testing blood sugar, Why?



Insulin Medications



What do I eat now?



Complications, reducing my risk!



Who should be on my team?



Being Active



Diabetes Distress (Burnout)



Sick Day Guidelines



Resources