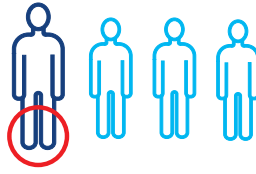


# Manage Your Diabetes Symptoms

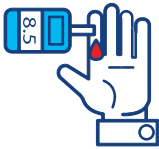
Don't Let Your Symptoms Manage You!



Doctors estimate that 30 million Americans are living with diabetes.



Diabetic neuropathy affects 1 in 4 diabetics - characterized by nerve damage, typically affecting the patients' legs and feet.



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

- Disposable monofilaments
- Diabetic neuropathy devices
- Baseline tuning forks



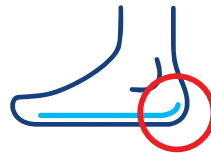
**EXERCISE AND WEIGHT MANAGEMENT** are key elements of self-care for diabetics.

- 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 warm
- Minimize their exposure to air
- Avoid antiseptics, creams, or washes



**HEELS MUST BE PROTECTED** and specialists recommend the following measures:

- Wear cushioned shoes that fit well
- Stretching as tolerated
- Doctor-approved heel inserts when appropriate

Diabetes patients are **40% MORE LIKELY TO HAVE GLAUCOMA** and **60% MORE LIKELY TO HAVE CATARACTS** than those without diabetes. Diabetics should make these lifestyle changes to preserve their eye health:

- Managing blood sugar
- Maintaining a healthy blood pressure
- Cessation of smoking
- Undergoing 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)