



# **WE CAN BE STRONGER THAN DIABETES**

## ***Taking Control***

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

I don't want to go blind from diabetes. I don't want to lose a foot or a leg. I don't want to have kidney failure - so I'm taking control. I'm controlling my diabetes. It's making a huge difference. I'm eating healthy and staying physically active. I'm taking my medicine. If I can do it, anyone can. Control Your Diabetes. For Life. Call 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*