

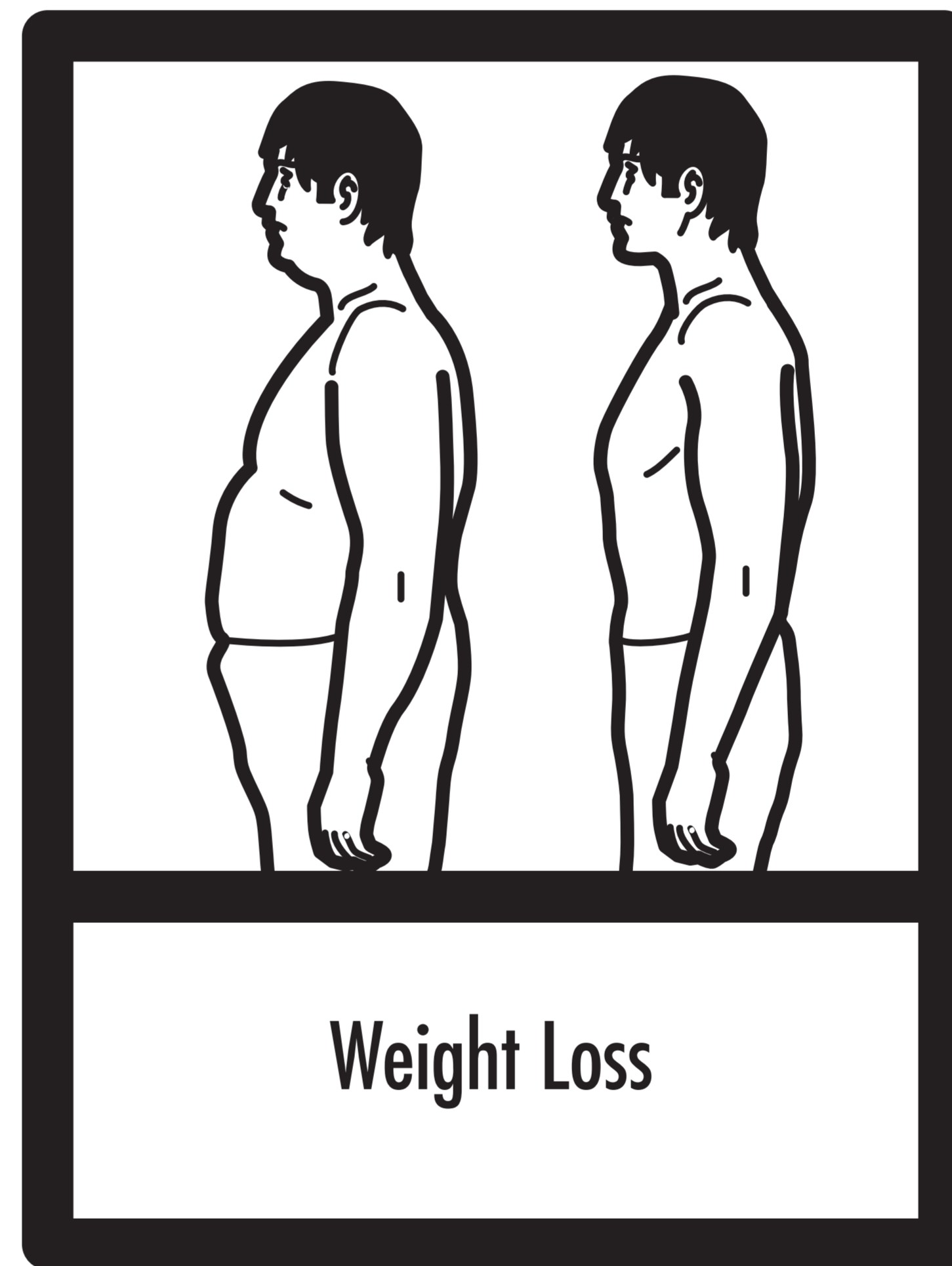
Good blood sugar control reduces your risk of diabetes complications. This can be done!



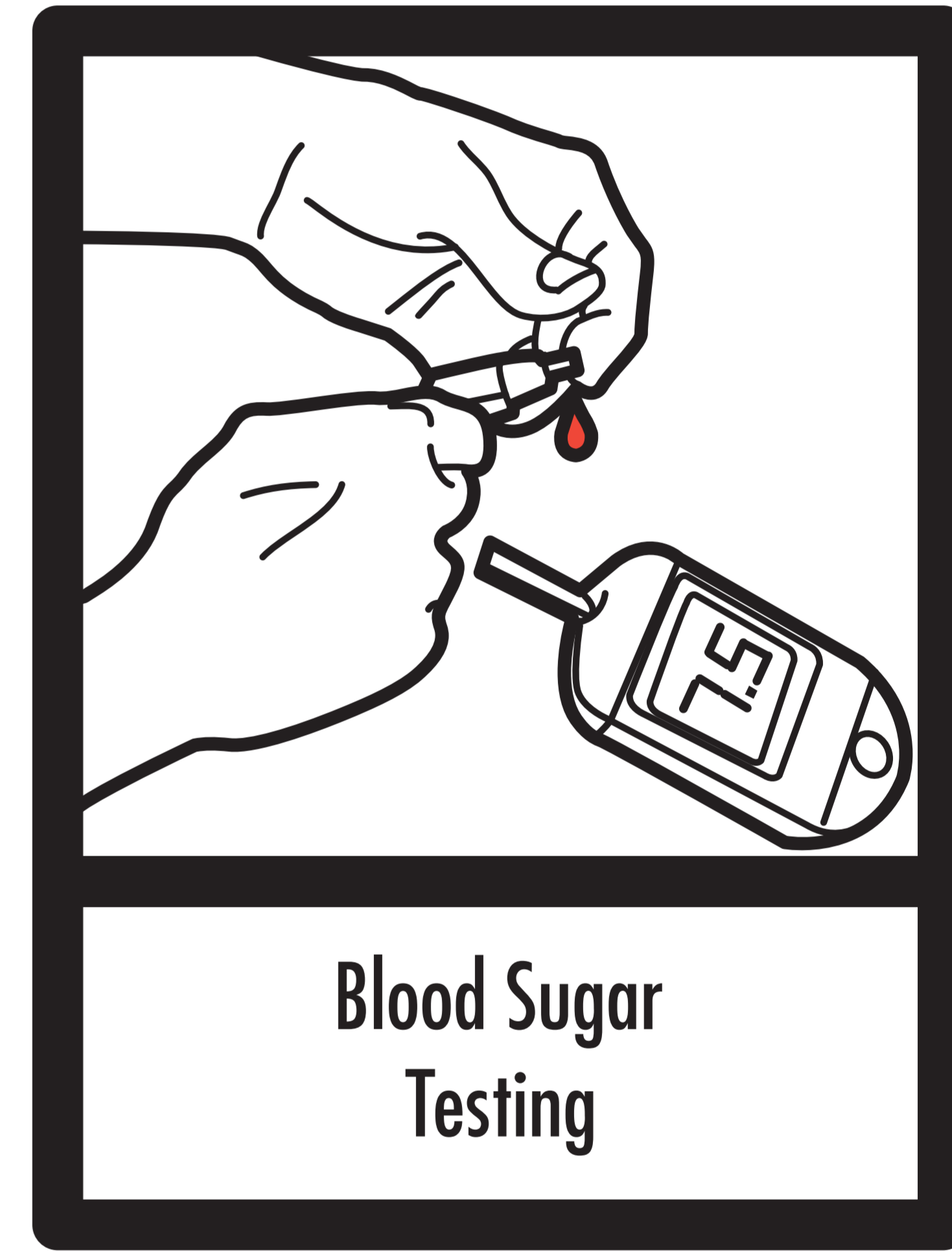
↑ Blood sugar control



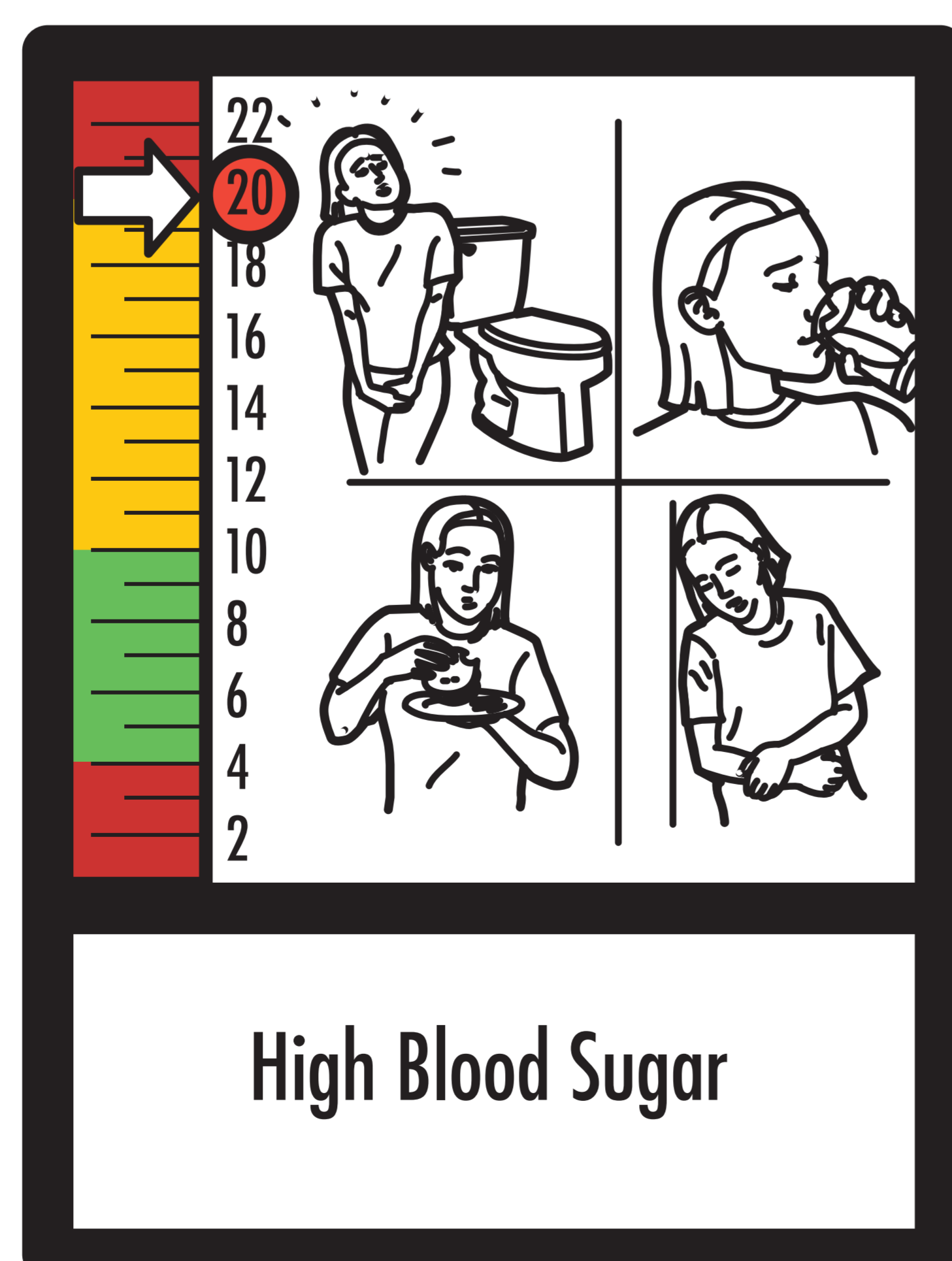
↑ Blood sugar control



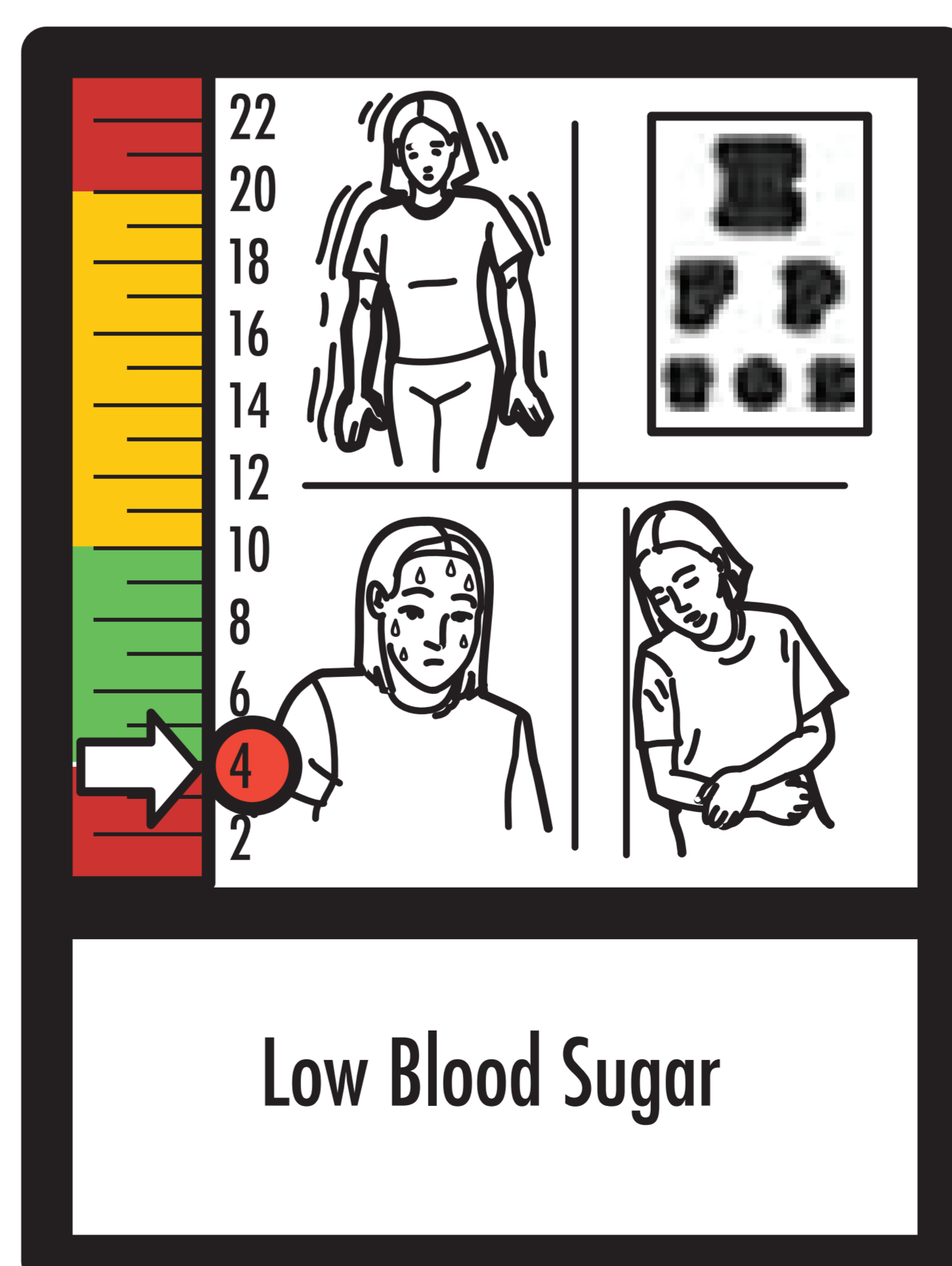
↑ Blood sugar control



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• Talk to your doctor



• Blood sugar > 11 \*  
causes symptoms



• Blood sugar < 4  
causes symptoms

\* Information updated according to the Canadian Diabetes Guidelines 2013