

MANAGING DIABETES



It's all about being organised and taking control of your diabetes instead of letting it define you.

Living with diabetes can be tough, but it doesn't have to be. Those who learn to manage their diabetes early on have fewer diabetes related health problems in the future.

You can gain the knowledge, confidence and support you need at www.diabetes.co.uk. Informative pages on diabetes, helpful guides and an active community forum of over 106,263 people.

Find support, ask questions and share your experiences.

