

November is Diabetes Awareness Month

How can you raise awareness?

1 Wear blue for diabetes

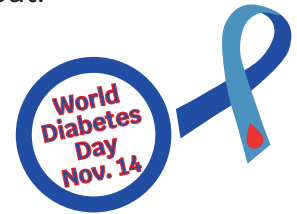
Blue is the color for diabetes. The international symbol for diabetes awareness is a blue circle. So, wearing blue or the blue circle is a visible way to show support to the diabetes community.



2 Educate yourself about diabetes

Learn about diabetes. Educate yourself, your family, and your friends about:

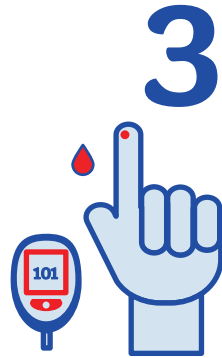
- Diabetes risk factors
- Symptoms of diabetes
- Treatment approaches
- Diabetes complications



3 Get screened for diabetes

Screening for diabetes is important for several reasons:

- Early detection
- Prevent/delay complications
- Improved management
- Reduced costs
- Improved quality of life



4 Talk about diabetes

Talking about diabetes with family and friends raises awareness about the condition. It also reduces shame and isolation for people living with diabetes.



5 Participate in diabetes events

Participating in local events, such as a 5K run/walk, fundraiser, or health fair, raises awareness about the condition.



6 Support diabetes research

Supporting diabetes research leads to new advances in diabetes treatment, prevents complications, reduces healthcare costs, supports the development of new diabetes technology, and improves quality of life.



7 Advocate for policy changes

Support initiatives that improve access to diabetes medications and technology to improve quality of diabetes care for all.



**SOUTHEASTERN OHIO
REGIONAL QI HUB**



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