Happy.  
Active.  
Life as usual.

I am not a diabetic.  
I am a mother, auntie, sister, friend . . . a person with diabetes.

I am not defined by diabetes.  
I have learned to manage it, and my life goes on in a good way.

I am strong and confident.  
I will live a long, healthy life with diabetes.

November is National Diabetes Month.  
Clip out this ad, keep for yourself, or give to a loved one.

Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov