



National Diabetes Month 2016 - NIDDK Health Information News

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) sent this bulletin at 11/03/2016 02:00 PM EDT

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November 3, 2016 NIDDK Health Information News November is National Diabetes Month

This November, the NIDDK and the National Diabetes Education Program (NDEP) observe National Diabetes Month by showing how people with diabetes can gain support and best care for themselves. Visit NDEP's 2016 National Diabetes Month page, [Managing Diabetes — It's Not Easy, But It's Worth It](#), to learn more about the importance of:

- making a plan to manage diabetes as early as possible
- diabetes self-management education and support
- managing diabetes to prevent diabetes-related complications, including kidney disease, heart disease, and stroke.



National Diabetes Month in the News

National Diabetes Month allows individuals, health care professionals, organizations, and communities across the country to bring attention to diabetes and its impact on millions of Americans. Read the [NIH National Diabetes Month statement](#) from NIDDK Director Dr. Griffin Rodgers and the [National Diabetes Month Presidential Proclamation](#) from President Barack Obama to learn about the impact of diabetes on Americans; initiatives to help prevent type 2 diabetes; and current research efforts to prevent, treat and—one day—cure all types of diabetes.

Dr. Rodgers recently spoke about National Diabetes Month and how to prevent and manage diabetes with radio stations in the region often called the “diabetes and stroke belt”. Stream or download a segment on [preventing and managing diabetes](#).

Managing Your Diabetes Every Day

Managing diabetes is not easy. Having a plan and setting goals can help you take small steps to stay healthy. Read about four steps to help you understand how to [manage your diabetes](#) and live a long and active life.

Building a Support Network

Diabetes is a hard disease to handle alone. When people have the support of their family and friends, they are able to better manage their diabetes. You can help your loved one [cope with diabetes](#) by showing your support.

Preventing Diabetes Complications

Diabetes can lead to many health problems such as kidney disease. Kidney damage can happen over many years, without you feeling it. Learn about kidney care and diabetes management and get tested for [kidney disease](#).



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