



dance out diabetes

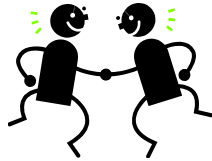
## Diabetes in Real Life

### Diabetes Month: Celebrating Community & Connection

We know you live with diabetes every minute of every day. But the disease takes on special significance in November, during Diabetes Awareness Month. This month is a great opportunity for you to join forces with others who share this diabetes experience and to help spread awareness in those who don't.

### Reach Out and Touch Someone

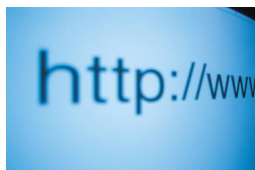
If you aren't feeling supported enough in your diabetes care or you just feel like you'd like to talk to someone who "gets it," think about joining a diabetes support group. Your doctor, diabetes educator, local hospital, or community center can tell you what's available in your area. The group Defeat Diabetes has a searchable database of support groups across America at [www.defeatdiabetes.org/get-healthy/diabetes-support-groups/](http://www.defeatdiabetes.org/get-healthy/diabetes-support-groups/). You can also call the American Diabetes Association at 1-800-DIABETES to get information on nearby programs and support groups.



### Join the DOC

Have you heard of the diabetes online community, or DOC? It's the informal name for all people touched by diabetes who connect through social media (e.g., Facebook, Twitter), blogging, and other online diabetes groups. They gather virtually to share and support one another through the challenges of diabetes, and the results are truly amazing. Here are just a few thriving communities open to people with diabetes and their caregivers:

- [community.diabetes.org](http://community.diabetes.org)
- [www.diabeticconnect.com](http://www.diabeticconnect.com)
- [community.dlife.com](http://community.dlife.com)



### Educate Others

Because the media spotlight is on diabetes this month, it is a great opportunity to spread some knowledge and education about the disease. The American Diabetes Association at [www.diabetes.org](http://www.diabetes.org) offers a wealth of free information and resources that you can share with others, including the real story behind common diabetes myths.



### Unite for Diabetes

World Diabetes Day is November 14<sup>th</sup>. This annual observance, sponsored for the International Diabetes Foundation (IDF), focuses on raising diabetes awareness and prevention efforts. The IDF organizes a variety of advocacy efforts and special events around the globe. Visit [www.worlddiabetesday.org](http://www.worlddiabetesday.org) to find out more and get involved.



world diabetes day

14 November