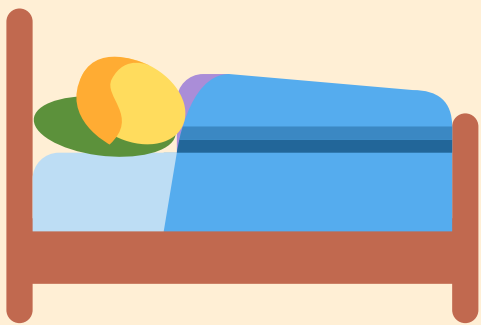




HOW TO TREAT DIABETES



EXERCISE: Regular exercise lowers risk of Type 2 Diabetes by up to 50%.



SLEEP: 35% of U.S. adults are not getting the recommend 7 hours of sleep every night.



INSULIN: In most cases only 1 unit of insulin is needed to control blood sugar levels. 1 unit will drop glucose levels by 50mg/dl

