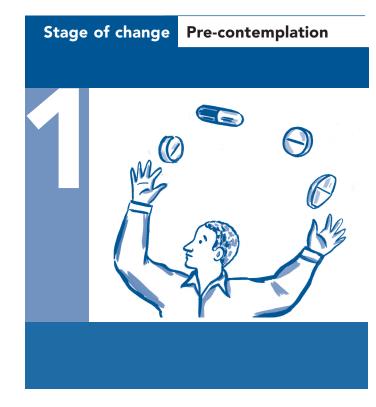
## Thinking about taking medicine

### What is my next step?

- 🔲 I will think about taking medicine.
- I will read more about it.
- I will discuss it with my family or a friend.
- I will discuss it with my heathcare team.

Taking medicines can help you live a healthier life.

Won't you choose health?





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This pamphlet is for you if you do not want to take a new pill, or you do not want to inject insulin.



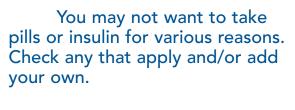
# I already take a lot of medicine.

### People with diabetes can take medicines for various reasons:

- to lower blood sugar
- to lower cholesterol
- to lower blood pressure and protect the kidneys
- to prevent blood clots
- to help with depression



#### I'm not ready to take this medicine because ...



#### Pills:

- I want to make changes on my own instead of taking a pill.
- I can't afford the cost.
- I feel fine.

#### Insulin:

- I don't like needles.
- I believe that insulin causes diabetes to get worse.
- I heard that people gain weight.
- ☐ I just need to work a little harder.





### How would you like things to be different?

Check any that add your own.	at apply and/or
☐ I would like to f	eel better.
☐ I would like to h	nave more energy.
I would like to l controlled bloo pressure, or cho	d sugar (or blood