Wyoming Diabetes Prevention and Control Program

Order information for NDEP educational materials

The **National Diabetes Education Program (NDEP**) is a joint program of the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). NDEP offers up to 25 free educational brochures on each of the following topics. To order brochures, go to the following website: http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
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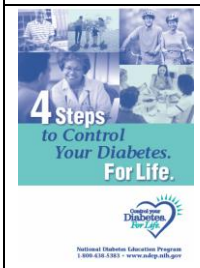	4 steps to control your diabetes for life **NDEP-67**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
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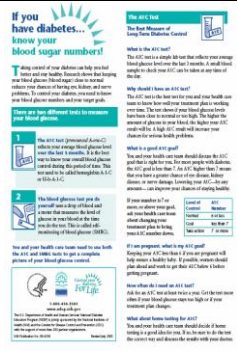	If you have diabetes . . . know your blood sugar numbers! **NDEP-10**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm

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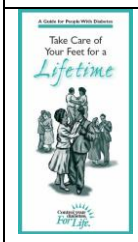
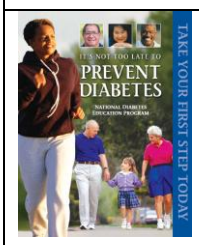
	Take care of your feet for a lifetime **NDEP-4**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
	It's not too late to prevent diabetes *(for older adults)* **NDEP-75**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
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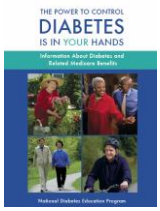	The power to control diabetes is in your hands *(Medicare benefits)* **NDEP-38**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm

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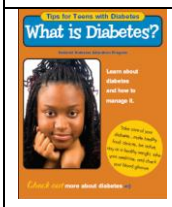	*Tips for teens with diabetes:* What is diabetes? **NDEP-63**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
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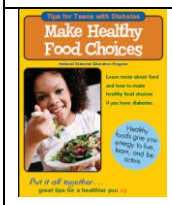
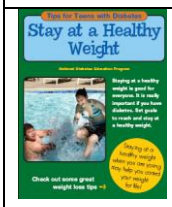
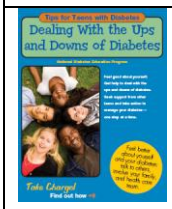
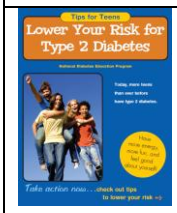
	*Tips for teens with diabetes:* Make healthy food choices **NDEP-66**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
	*Tips for teens with diabetes:* Stay at a healthy weight **NDEP-65**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
	*Tips for teens with diabetes:* Dealing with the ups and downs of diabetes **NDEP-81**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm
	*Tips for teens:* Lower you risk for type 2 diabetes **NDEP-87**	Order up to 25 copies free from NDEP http://www.ndep.nih.gov/diabetes/pubs/catalog.htm

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