

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

SUMMER ISSUE • AUGUST 2024

August Spotlight: Diabetes

This month, we're highlighting information about preventing and managing diabetes and prediabetes. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these diabetes-related articles from our CARE Health Education Library. To view a Spanish version of any of the articles in the Library, click the "ES" icon in the top right corner.

- [Diabetes myths and facts](#)
- [Mitos y realidades acerca de la diabetes](#)
- [Diabetes tests and checkups](#)
- [Exámenes y chequeos para la diabetes](#)

These additional links from other health organizations can help you manage your condition:

- [Do I have prediabetes?](#)
- [Newly diagnosed with diabetes](#)
- [About diabetes](#)
- [Diabetes](#)

Healthy recipes

- [Meat Lover's Breakfast Cups](#)
- [Unstuffed Eggroll](#)
- [Bell Pepper Poppers](#)
- [No-Bake Peanut Butter & Chocolate Bites](#)
- [Gluten-Free Parmesan Biscuits](#)
- [Caprese Salad on a Stick](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Boost your well-being with a dose of creativity](#)

Learn how being creative can improve your overall health.

[Breaking down RSV](#)

Stay up to date on this respiratory virus that peaks in fall and winter.

[Breastfeeding basics](#)

Here's what to expect while breastfeeding — plus tips to overcome challenges

Find the entire [Summer issue here!](#)

Mental health awareness

According to the Centers for Disease Control (CDC), people with diabetes are 2-3 times more likely to have depression than people without diabetes. And only 25-50% of people with diabetes who have depression get diagnosed and treated. If you or a loved one has diabetes, take time to learn more about [diabetes and mental health](#).