If you have diabetes, make sure you have:

1. Take care of your health, such as not smoking and eating healthy food.
2. Exercise regularly as recommended by a healthcare professional.
3. Monitor your blood sugar levels regularly.

If you experience any of these symptoms:

- Call your doctor.
- Go to the hospital immediately.

Learn more about Scripps Whittier Diabetes Institute, visit scripps.org/diabetes or call 1-877-WHITTIER (944-8843)