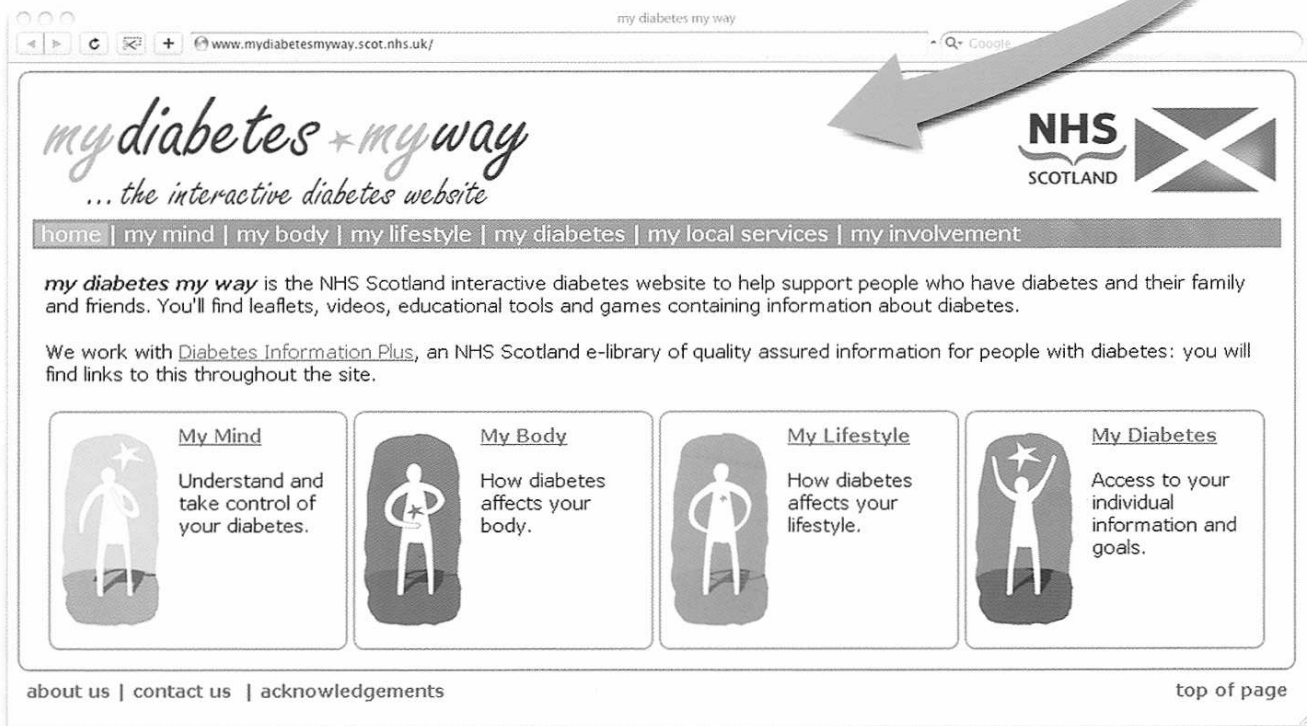


my diabetes * my way

The interactive diabetes website to help support people with diabetes and their family and friends.

www.mydiabetesmyway.scot.nhs.uk

- Find out how to take control of your diabetes
- See how diabetes affects your body and lifestyle
- Access a wide range of leaflets, videos, educational tools and games



my diabetes my way

www.mydiabetesmyway.scot.nhs.uk





my diabetes * my way
... the interactive diabetes website

NHS SCOTLAND

home | my mind | my body | my lifestyle | my diabetes | my local services | my involvement

my diabetes my way is the NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends. You'll find leaflets, videos, educational tools and games containing information about diabetes.

We work with [Diabetes Information Plus](#), an NHS Scotland e-library of quality assured information for people with diabetes: you will find links to this throughout the site.

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|  <p>My Mind Understand and take control of your diabetes.</p> |  <p>My Body How diabetes affects your body.</p> |  <p>My Lifestyle How diabetes affects your lifestyle.</p> |  <p>My Diabetes Access to your individual information and goals.</p> |
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