



**When you
have diabetes,**

**it's every
minute of
every day.**

Mary Xu, gestational diabetes

EVERYDAY

REALITY

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Living with diabetes isn't easy but not talking about it only makes it worse. The everyday reality for 23 million diagnosed Americans should be heard. The 84 million people at risk of developing diabetes will thank you for it.

Speak up at
diabetes.org/everydayreality