

# Instructor Information

**“Eating too much sugar  
can cause diabetes”**

**&**

**Other Myths About Diabetes**

**A “survival skills” presentation  
developed by the  
Diabetes Association of Greater Cleveland**

“I have a touch of diabetes...”

“I have a little touch of sugar...”

“I’m borderline...”

“I’m a little bit diabetic...”

“I have a mild case of diabetes...”

Diabetes skips generations

Insulin or diabetes pills are a  
cure for diabetes

Eating too much sugar  
causes diabetes

“Once I made a change in how I was eating, I lost some weight and my diabetes went away”.

“When I read food labels,  
I always look at how much sugar  
is in the food”.

“As long as I take my  
diabetes medicine,  
I don't have to watch my diet”.

People with diabetes can eat  
as much sugar-free food  
as they want.

“My diabetes is okay, but my blood pressure is up and I had a heart attack”.

“I’m only taking diabetes pills,  
not insulin, so my diabetes  
isn’t that bad...”

“I only take my diabetes pills  
when my sugar is high”.

Honey is okay to use  
because it is “natural”

“I’m feeling good but my feet  
tingle and burn”.

Taking insulin can make you  
go blind or loose a leg

**Diabetes can be prevented**

How do you know if what you  
hear or read is really true?

# Getting information from the Internet

For best internet sources, look for web  
addresses ending in:

.edu (education)

.gov (government)

.org (professional organization)

.com (everyone else)

**Beware of testimonials**

**Be skeptical of secret cures or  
miraculous results**

# **How to tel if printed mateareal is ok**

**I cured my diabetes  
and you can cure yours too!**

Let me show you how to cure your diabetes  
for as little as \$1.00 a day.

Call my hotline at 1-900-111-1111

(for \$5.00 / minute; you must be 18 or over)

or visit my website at [www.buymyproduct.com](http://www.buymyproduct.com).

What questions do you have?

If you have questions or need help  
please call 216-591-0800.

