

## Living with Diabetes: Ask the Experts Q&A Series

Join us for ADA's free, educational Ask the Experts Q&A series created to help tackle issues commonly faced by people living with diabetes and wondering about the relationship between diabetes, heart disease, and stroke. Ask your question—online or on the phone—in a live Q&A with ADA diabetes experts. All events will be held at 2:00 p.m. ET unless otherwise noted. Register at [diabetes.org/experts](https://diabetes.org/experts) or call 1-855-565-0595 to learn more.

### June 18, 2019

#### **Enjoy Social Gatherings While Making Healthy**

**Choices:** Summer time often leads to more social gatherings centered around food. Learn tips to keep your blood sugar in your target range when eating out with family and friends.

### July 16, 2019

**Diabetes Complications:** Your risk for heart attack, stroke, heart failure and kidney disease is increased when you have diabetes. Learn about these complications and how you can prevent or delay their onset.

### August 13, 2019

**Diabetes Education Programs:** Diabetes education and support programs provide you with the skills and knowledge to manage diabetes more effectively such as when to check your blood sugars, take medicines as prescribed, and prevent complications like heart disease. Learn more about these programs and where to find one in your area.

### September 10, 2019

**Know Your Numbers:** Blood sugar, A1C, blood pressure, and cholesterol levels—there are many numbers to keep track of. Learn what these values mean for you and your health and how to keep track of your trends with these important numbers.

### October 15, 2019

**Your Health Care Team:** Having a team of health care providers with different backgrounds can help you effectively manage your diabetes and heart health. Learn who to have on your team, how their roles support your care, and how to get the most out of your visit with each care provider.

### November 12, 2019

**Getting and Giving Support:** Having diabetes can be overwhelming at times. Learn how to ask for support from family, friends, and health care providers, as well as ways to provide support to a loved one with diabetes.

### December 10, 2019

#### **A Little Movement Can Go a Long Way:**

Physical activity can help you better manage diabetes and heart health. Learn practical tips to get more movement into your daily routine even if you haven't exercised for years or have limited mobility.

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**Know Diabetes by Heart™** With support from founding sponsors the Boehringer Ingelheim and Eli Lilly and Company Diabetes Alliance, and Novo Nordisk, and national sponsors Sanofi and AstraZeneca, the Know Diabetes by Heart initiative provides tools and resources for people living with type 2 diabetes to learn how to reduce their risk of cardiovascular disease.