



Diabetes Lifestyle Community Publication hits the shelves!

Our quarterly community print publication, Diabetes Lifestyle, now, in its 28th Issue, is available for the first time in over 1100 retail outlets nationally, including **Dis-chem Pharmacies, Clicks, My Spar** and numerous **independent grocers**.

Diabetes Lifestyle retails at R30 including VAT, and is available throughout South Africa and at selected outlets in Botswana, Namibia and Kenya.

Diabetes Lifestyle remains a free benefit to all Members on the CDE Diabetes Management Programme and is available through your treating CDE doctor.

Published by the **CDE - Your Partner in Diabetes**, Diabetes Lifestyle aims to spread messages about good diabetes care, and how, in spite of diabetes, people with the condition can achieve healthy, productive and fulfilled lives. In each issue, everyday South Africans with diabetes tell their personal, inspirational stories of living with and triumphing over diabetes or provide commentary on living with diabetes as they see it. Along with that, professionals in the industry and thought-leading healthcare providers share insights, recipes, lifestyle ideas, latest innovations and credible, foundational information relating to diabetes and associated health conditions.

Diabetes Lifestyle is aimed at people who care about their health. Our Editorial team is passionate about good diabetes care and the reduction of lifestyle-associated cardiovascular risks – we hope that some of our collective enthusiasm, experience and knowledge will rub off through this publication and change lives!

The first retail issue of Diabetes Lifestyle (Issue 2, 2017) comes with a value-packed two-for-one bagging with Issue 1 for 2017. If you are living with diabetes, or support someone living with the condition, get your copy now!

Enter our **SELFIE** competition to stand a chance to win essential goodies worth R 500

Simply, take a creative selfie with your copy of Diabetes Lifestyle, showing the branding of the place where you bought it in the background, and post it on [CDE - Your Partner in Diabetes](#).

Our panel of judges from [Youth With Diabetes](#) will choose the best image and the winner will receive a 'Diabetes Survival Pack' of essential goodies worth R 500, with our compliments!

