



## FOLLOW YOUR DOCTOR'S INSTRUCTIONS

To ensure that you receive appropriate treatment in emergency situations, use wristbands, medals and ID cards that identify you as a diabetic. These can be bought in most pharmacies.

BALANCE IS THE KEY TO LIVING WITH DIABETES:

- DIET
- EXERCISE
- MEDICATION
- POSITIVE MENTAL ATTITUDE



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### **St. Thomas Office:**

Vitraco Mall, Building I, Bay Number 4A  
Next to "Doctors on Duty" Medical Office  
phone: 340-715-1190 / fax: 340-777-3268

### **St. Croix Office:**

25 Anchor Way, Gallows Bay  
(upstairs from St. Croix Bank)  
phone: 340-719-6631 / fax: 340-713-0154

### **Puerto Rico Office:**

1462 Prof. Augusto Rodríguez Street, Santurce  
Toll Free: 1-866-368-6060 / 787-268-6060  
phone: 787-641-1616; ext: 1671  
cell: 939-642-2574 / fax: 787-727-5410

### **BVI Office:**

(At VI Medical Clinic)  
Manuel Reef Marina  
Sea Cow's Bay, Tortola  
phone: 284-343-5440 / fax: 284-494-0091

**AFFILIATED TO:**



# DIABETES & YOU

Patient and Family Education



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