

EXHIBIT 3

Prisoner Diabetes Handbook

*A Guide to Managing Diabetes—
for Prisoners, by Prisoners*

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18

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*A Guide to Managing Diabetes—
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Why A Handbook for Prisoners With Diabetes?

Diabetes is important.

It is common, chronic, and can cause disabling complications.

What you do for yourself to take care of your diabetes is the most important factor in your diabetes being well controlled.

Very little diabetes education is provided in prisons.

There are few organized programs for prisoners with diabetes.

Experience has shown that others with diabetes are a good source of information about the disease. By cooperating and sharing, diabetics can help each other.

A diabetes support group has been meeting at Great Meadow Correctional Facility in Comstock, New York since 1997. This group helps prisoners with diabetes to improve their diabetes management. People in the group learn from the experiences of other prisoners with diabetes. There is a lot of support and good fellowship in the diabetes group.

Diabetics at Comstock Prison would be lost without the support group to help them learn about diabetes.

Jimmie Lee

Sometimes the group chooses a project to do together. In the fall of 2003 we decided to write a handbook to share what we learned about diabetes self care in prison.

This handbook is by prisoners, for prisoners.

Our goal is to help you manage your diabetes better yourself.

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