

## Disaster Preparedness For Diabetics

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Most peppers already think they have enough to worry about preparing for an uncertain future. Imagine how much more difficult this becomes if you have an illness or a disability... Scary thought, right?

Diabetes has reached epidemic proportions in the US and the rest of the Western world are not far behind. I often get asked about prepping with a condition that requires prescription medicines and regular medical attention. With this in mind I am really glad to be sharing this excellent post about disaster preparedness for diabetics from 'Prepper Ideas'.

I highly recommend you read this if you are diabetic or you have a diabetic friend or family member.

[Disaster Preparedness For Diabetics](#)

(Photo from: Prepper Idea)