

HOW TO CARE FOR YOUR BODY WHEN YOU HAVE DIABETES



Diabetes is a condition in which the blood glucose (sugar) level in the body is high.

Why are high blood glucose levels dangerous?

High blood glucose can make you feel very unwell, with thirst, frequent urination, hunger and weight loss.

If the glucose levels are very high, you may lose consciousness.

If not treated, high glucose levels can lead to blindness, kidney failure, heart attacks, strokes and loss of your foot/leg.

HOW CAN I LOOK AFTER MY DIABETES?

1. TAKE YOUR DIABETES MEDICINE EVERY DAY



If your doctor has prescribed medicine for your diabetes, please take them on time every day.

DO NOT MISS YOUR MEDICINE. Please follow strictly the instructions from your doctor. You must continue your medicine even when you start feeling better.

Before you run out of medicine, make sure you see the doctor for a check-up and to get more medicine.

2. GO FOR MEDICAL CHECKS



Even if you are on treatment for diabetes, you need to continue attending medical check-ups. Your doctor will check your blood glucose level and adjust your medicine. You will be able to know if you are doing well or if you need more medicine.



3. EAT PROPERLY

Changing the way you eat can help make your diabetes a lot better.

A BALANCED DIET

LESS SUGAR & SUGARY FOODS

- ✗ Consume less sweetened beverages, sweets and cakes
- ✓ Replace sugary snacks with a portion of fruit, whole meal crackers or a glass of milk

LESS FAT & FATTY FOODS

- ✗ Limit intake of fried dishes
- ✗ Use less butter, ghee and coconut oil in cooking
- ✓ Choose clear soup as it contains less fat
- ✓ Try low fat cooking methods such as baking, boiling, grilling and steaming

LESS SALT & SALTY FOODS

- ✗ Limit additional table salt at meals, pickles and bottled sauces
- ✗ Use less preserved food such as salted fish and canned meats
- ✓ Use more fresh products

MORE HIGH FIBRE FOODS

- ✓ Switch to unpolished brown rice, whole grain cereals and breads
- ✓ Include fresh fruit and vegetables



4. EXERCISE REGULARLY

Get at least **150 minutes** of **exercise** a week. This is about 30 minutes of exercise, 5 times a week.



WE CARE FOR YOU.
PLEASE LEARN TO CONTROL YOUR DIABETES.

