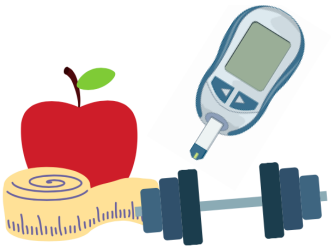
Diabetes & Lifestyle choices

What is diabetes?

Diabetes is a condition in which the body does not properly process sugar for use as energy. The result is that the body is unable to control the amount of sugar in the blood. If left untreated, diabetes can lead to heart disease, stroke, blindness and loss of limbs.

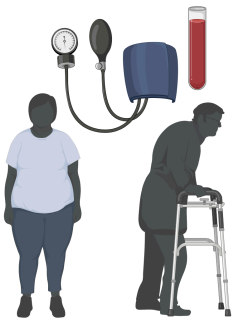


What are the symptoms?

- Very hungry
- Very thirsty
- Frequent urination
- Fatigue
- Blurred vision
- Numbness in hands & feet

What puts me at risk ?

- Aging (45 years +)
- Physically inactive
- Overweight
- Family history
- High blood pressure
- Unhealthy Diet



What can I do in my life to control diabetes?

Eating healthy

- Fruits, veggies, dairy, meat
- Limit high sugar intake
- Limit animal fats



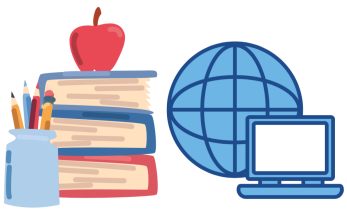
Exercise

- 30 mins of exercise most days of the week
- Maintain optimal weight



Education

- Learn about diabetes!



Check ups & meds

- See a doctor and follow prescription



Smoke and alcohol

- Stop smoking and reduce alcohol



Manage stress

- Stress can increase blood pressure



RURAL PRIMARY HEALTH IMPROVEMENT PROGRAMME.