

EARLY
DETECTION AND
MANAGEMENT
OF DIABETES
ARE CRUCIAL
TO PREVENT
COMPLICATIONS



DIABETES LEVELS



A diabetes diagnosis is a chance to take charge of your health.



Disclaimer: This information is intended for general knowledge and should not replace medical advice. Always consult your doctor for personalized recommendations.



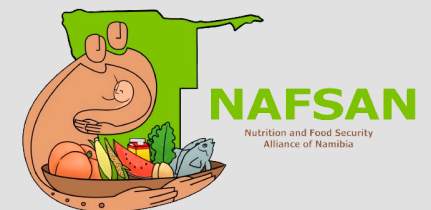
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YOUR GUIDE TO UNDERSTANDING DIABETES



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WHAT IS DIABETES?

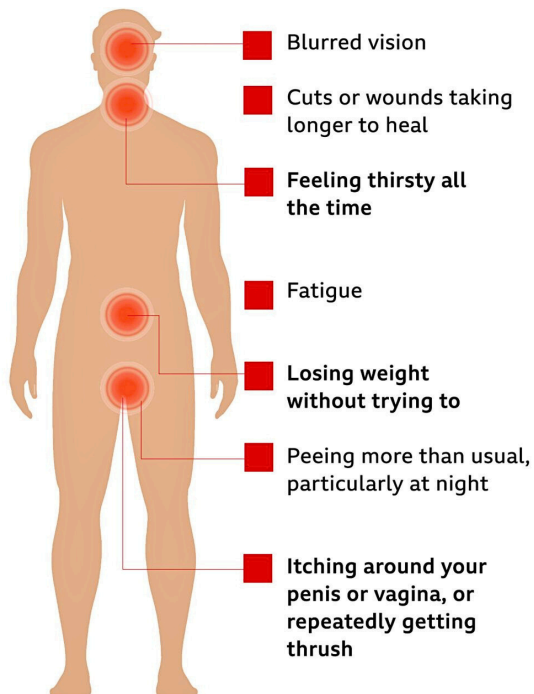
- Chronic condition affecting blood sugar regulation.
- Body either doesn't produce enough insulin (hormone that regulates sugar) or can't use it effectively.

Two main types:

- Type 1 (autoimmune) and
- Type 2 (often linked to lifestyle)



WHAT ARE THE SYMPTOMS?



HEALTHY LIVING FOR DIABETES MANAGEMENT:

- **Diet:** Focus on whole grains, fruits, vegetables, and lean protein. Limit processed foods, sugary drinks, and unhealthy fats.
- **Exercise:** Regular physical activity helps manage blood sugar levels.
- **Weight Management:** Maintaining a healthy weight can significantly improve diabetes control.
- **Medications:** Follow doctor's recommendations on medications to regulate blood sugar.



FOOD CHOICES:

Eat More:

- Whole grains (brown rice, brown bread, mahangu)
- Vegetables (mutete, cabbage, pumpkin, lettuce, peppers, tomatoes)
- Fruits (1-2 fruits recommended),
- Lean protein (fish, chicken),
- Healthy fats (onjove oil, nuts).

Limit:

- Sugary drinks (sodas, juices),
- Ultra processed foods (chips, pastries, cookies, cake)
- Refined carbohydrates (white bread, pasta),
- Unhealthy fats (fried foods e.g fatcake, fat on red meat)