

Uncontrolled raised blood glucose levels suppress the immune system and allow invading viruses and bacteria to multiply, including the new coronavirus.

It's time to make a lifestyle change if any of the below RISK FACTORS apply to you:



IF LEFT UNTREATED, DIABETES CAN HAVE DEVASTATING AFFECTS ON YOUR BODY

The following are common complications or side effects of diabetes:

- Stroke
- Anxiety
- Heart attack
- Nerve damage
- Eye disease/blindness
- Chronic liver disease
- Lower limb amputation
- Erectile dysfunction

MANAGING & PREVENTING DIABETES

- Watch what you eat: balance meal portions, don't skip meals and avoid extreme diets. Also, drink more water!
- Stop smoking.
- Become active.
- Maintain a healthy diet.
- Manage stress levels.

