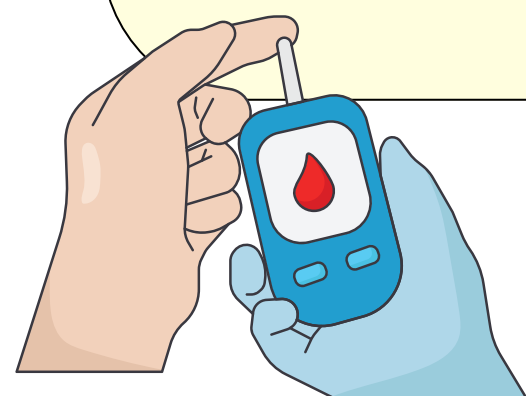


# Diabetes

**Diabetes** is a condition where the sugar (glucose) level in the blood becomes higher than normal. This happens because the body cannot make enough insulin or cannot use it properly. Symptoms can vary depending on the type and severity of diabetes. **Some people may not notice any symptoms.**



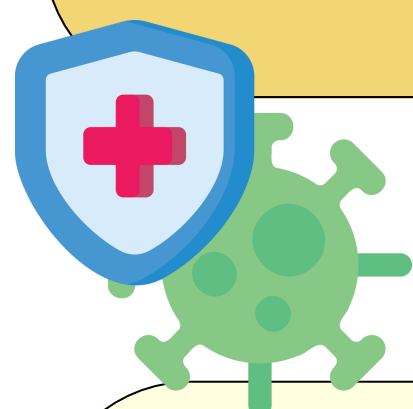
## Symptoms:

- Frequent urination and feeling very thirsty
- Blurred vision and constant tiredness
- Increased hunger but losing weight
- Slow healing of wounds and frequent infections
- Tingling or numbness in hands and feet
- Irritability and itchy skin

## Dangers:



- Heart disease, stroke, and high blood pressure
- Kidney failure
- Loss of vision which cannot be reversed
- Numbness or infections in hands and feet, which can lead to gangrene and even amputation
- Effects on sexual health and pregnancy complications



## Prevention & Management:

- Do 30 minutes of physical activity every day
- Eat a balanced diet – include green vegetables, whole grains and low sugar foods
- Avoid sweets and processed foods
- Manage stress – practice yoga, meditation and get enough sleep
- Avoid smoking and alcohol
- Maintain a healthy weight
- Drink enough water and keep your body hydrated
- Take medicines only as prescribed by your doctor and get your blood sugar checked regularly