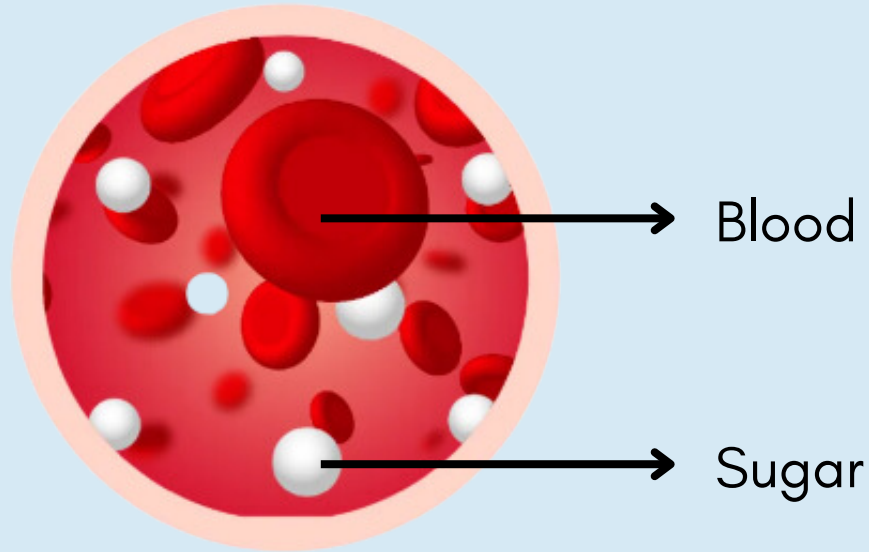


Diabetes

Easy-Read Material





Our blood has sugar in it.

Diabetes



**Too much
sugar**



**Having diabetes means you have
too much sugar in your blood.**

Impact of Diabetes



Diabetes



sick



**blurry
vision**



**difficult
to walk**



**problem
passing
urine**



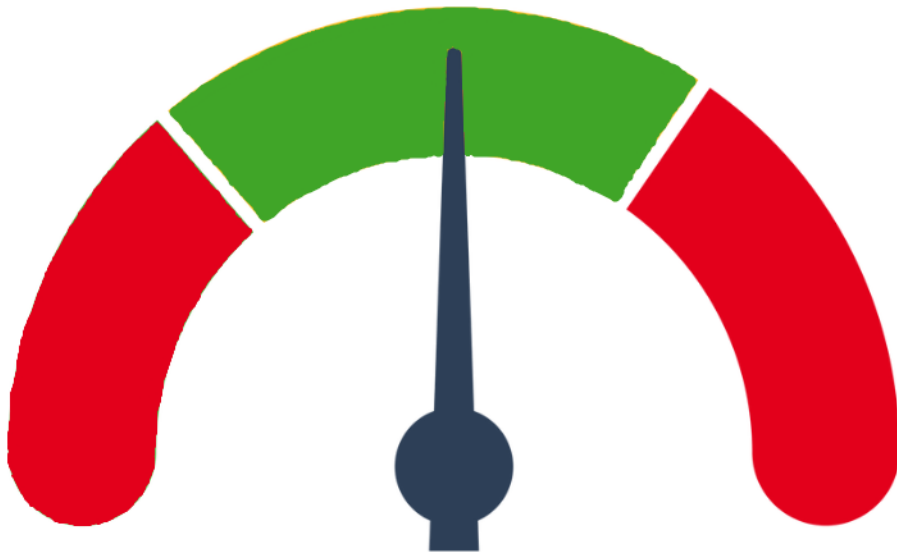
foot sore



amputation



Check Blood Sugar



**Too little
blood sugar**



**Too much
blood sugar**

**Check your blood sugar regularly.
Too little or too much sugar is not good.**

Before Eating



Blood sugar
level **4-6**



2 hr After Eating



Blood sugar
level **6-8**

Healthy blood sugar level before eating: 4-6.

Healthy blood sugar level after food: 6-8.

Healthy Eating



Good Blood Sugar Level



Less Salt



No Alcohol

Eating healthy can help manage diabetes.

Eating healthy means to:

Eat 3 Meals a Day



Breakfast



Lunch



Dinner

Snack Less



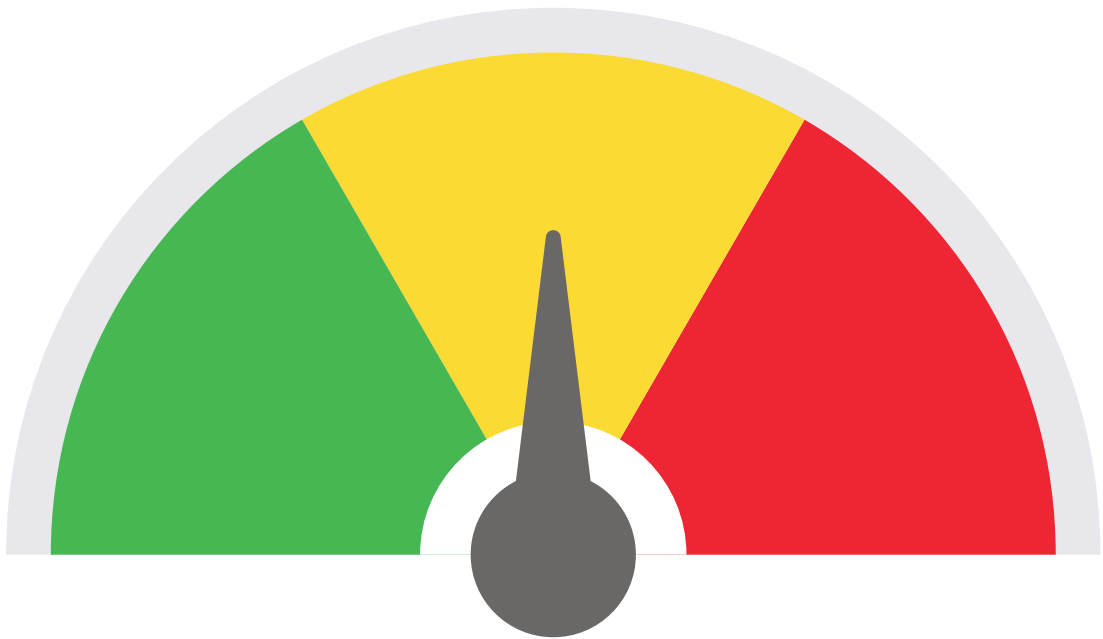
Eating healthy means to:

Eat Many Types of Food



Eating healthy means to:

Eat JUST ENOUGH



Eating healthy means to:

**Eat at least
2 FRUIT and 2 VEGETABLES
everyday**



Eating healthy means to:

**Drink lots of
WATER**



Exercise



Good Blood Sugar Level



Walk



Climb Stairs



Swim



Dance

Exercise can help keep your blood sugar levels healthy.

Take Medication

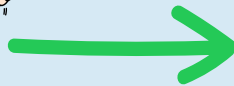
as prescribed by the doctor



Good Blood Sugar Level



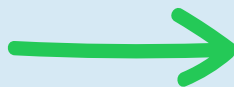
Lose weight



Good Blood Sugar Level



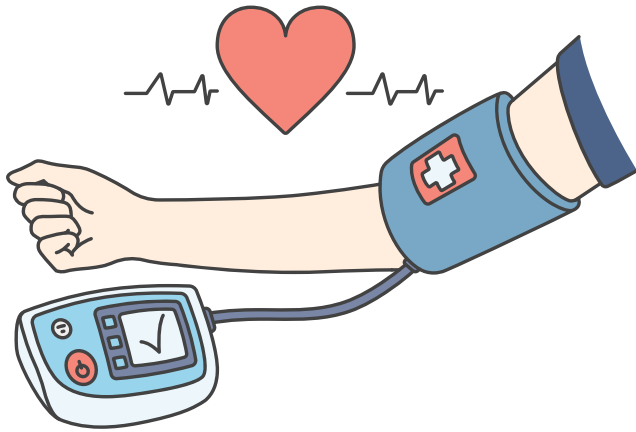
No smoking



Good Blood Sugar Level



Taking your medication, losing weight, and avoiding smoking also help keep blood sugar levels healthy.



Check Blood Pressure



< 130

 < 80

**Normal
Blood Pressure**

> 130

 > 80

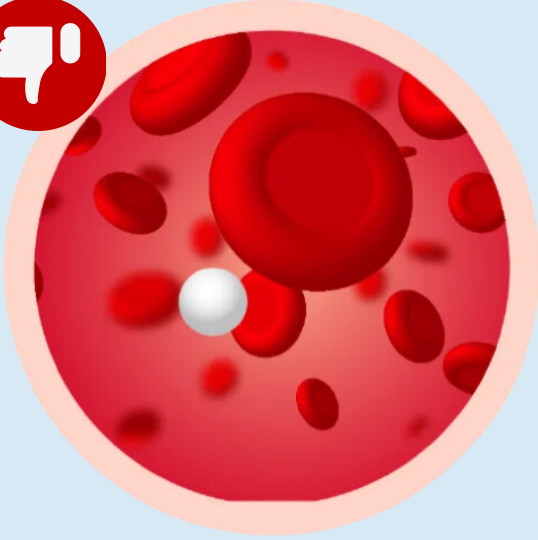
**High Blood
Pressure**



Worse Diabetes

**Check your blood pressure regularly.
A healthy level is below 130/80.**

Hypoglycemia



**Too little
sugar**

**Hypoglycemia means there is
too little sugar in your blood.**



**When you have too little sugar in your blood
these things can happen:**



Shaking



Sweaty



Hungry



Headache



Sleepy

You can have too little sugar in your blood because:



Too much exercise



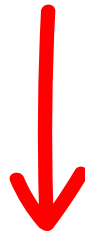
Not enough food



Sick



Vomiting



Too little blood sugar





**Too little
sugar**



**3 teaspoons of
sugar or honey**

or



**1/2 cup fruit juice
or soft drink**



Healthy blood



**If you have too little sugar in your blood,
eat or drink something sweet.**



IDHealth

AN INITIATIVE BY
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MOVEMENT

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