



KNOW DIABETES. FIGHT DIABETES. LIVE HEALTHY.

AWARENESS | SCREENING | MANAGEMENT

? WHAT IS DIABETES?

A condition where the **blood sugar levels are too high** due to lack of insulin or poor insulin use.

! WARNING SIGNS

-  Frequent urination
-  Excessive thirst
-  Tiredness
-  Blurred vision
-  Sudden weight loss
-  Slow healing wounds

 *If you have any of these signs, get tested today!*

★ UNTREATED DIABETES CAN LEAD TO:

- Heart Attack
 - Stroke
 - Kidney Failure
 - Vision Loss
 - Foot Amputations
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✓ STAY IN CONTROL!

-  Eat a healthy, balanced diet
-  Be active – walk 30 minutes daily
-  Avoid tobacco & alcohol
-  Take medicines regularly
-  Monitor your sugar levels
-  Visit your doctor regularly



SERVICES AVAILABLE AT BAPTIST CHRISTIAN HOSPITAL TEZPUR

- Blood Sugar Testing
- Diabetes treatment
- Diet Counselling
- Foot Screening
- Free Health Education