

POINTS to REMEMBER

For DIABETICS

DIET

- ▶ Practise a healthy nutrition.
- ▶ Follow your daily meal plan.
- ▶ Maintain your healthy weight range.



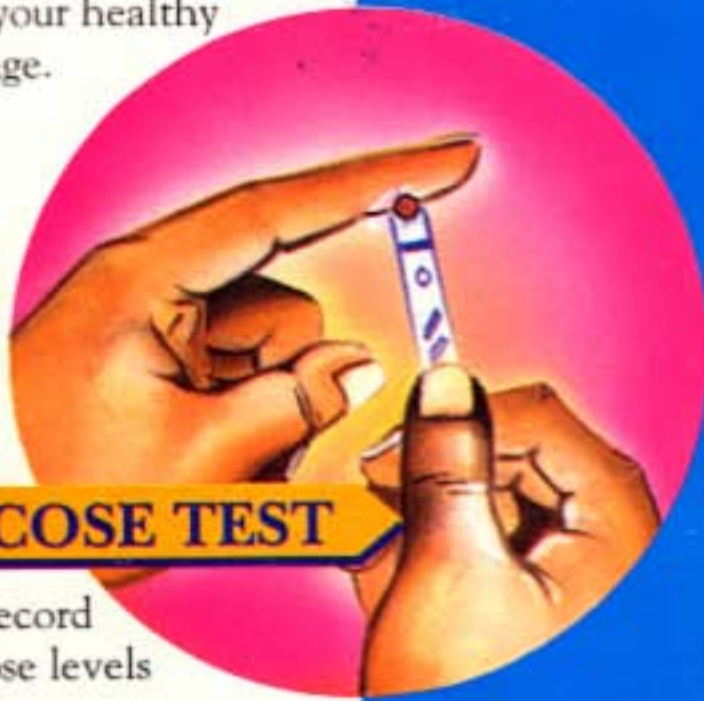
MEDICATION

- ▶ Take your medication regularly either in tablet form or through insulin injection, as advised by your doctor.
- ▶ If you are not feeling well, see your doctor.



GLUCOSE TEST

- ▶ Test and record your glucose levels properly.
- ▶ Use the results to keep your glucose level close to normal.
- ▶ Look out for low or high blood glucose emergencies.



EXERCISE

- ▶ Exercise correctly and regularly.
- ▶ Wear proper and comfortable shoes.
- ▶ Warm-up before an exercise and cool down after that.



HYGIENE

- ▶ Take special care of your skin, teeth and feet.
- ▶ Go for your eye check-up annually.



KNOW MORE ABOUT DIABETES.
THIS WILL HELP YOU IN TAKING CARE OF YOURSELF

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