

# WHAT IS DIABETES?



High blood sugar that occurs because your body does not make or properly use insulin

**"HIGH BLOOD SUGAR"**<sup>1</sup>

**'INSULIN'**  
A hormone that helps glucose from food get into cells<sup>1</sup>



**KNOW THE SYMPTOMS**<sup>2</sup>

**Consistently high glucose can lead to complications:**<sup>3</sup>

- Heart attack
- Stroke
- Kidney disease
- Nerve damage
- Eye, skin, foot problems

**Numbers to remember**<sup>4</sup>

- Fasting - Before meals
- Post-prandial - After meals
- HbA1c - Average sugar of 3 months



**EXCESSIVE THIRST**



**EXCESSIVE HUNGER**



**FREQUENT URINATION**



**EXTREME TIREDNESS**



**BLURRED VISION**



**DELAYED WOUND HEALING**

Sugar levels	Fasting (mg/dL)	Post-prandial (mg/dL)	HbA1c
Normal	Below 100	Below 140	Below 5.7%
Diabetes	126 or above	200 or above	6.5% or above

**FOR MORE INFORMATION, CONSULT YOUR DOCTOR**

**TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE: 18002670975** OR



**SCAN THE QR CODE OR LOG ON TO www.hridayam.org**

HbA1c - Glycated Hemoglobin, 1. What is Diabetes? Available at: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>, viewed on July 5, 2023, 2. Diabetes Symptoms Available at: <https://www.cdc.gov/diabetes/basics/symptoms.html>, viewed on July 5, 2023, 3. Diabetes Complications. Available at: <https://medlineplus.gov/diabetescomplications.html>, viewed on July 5, 2023, 4. Diabetes Diagnosis. Available at: <https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451>, viewed on July 5, 2023.

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