WHAT IS DIABETES?

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

'INSULIN'

A hormone that helps glucose from food get into cells



"HIGH BLOOD SUGAR"¹

LISTEN TO YOUR HEART

KNOW
THE
SYMPTOMS²

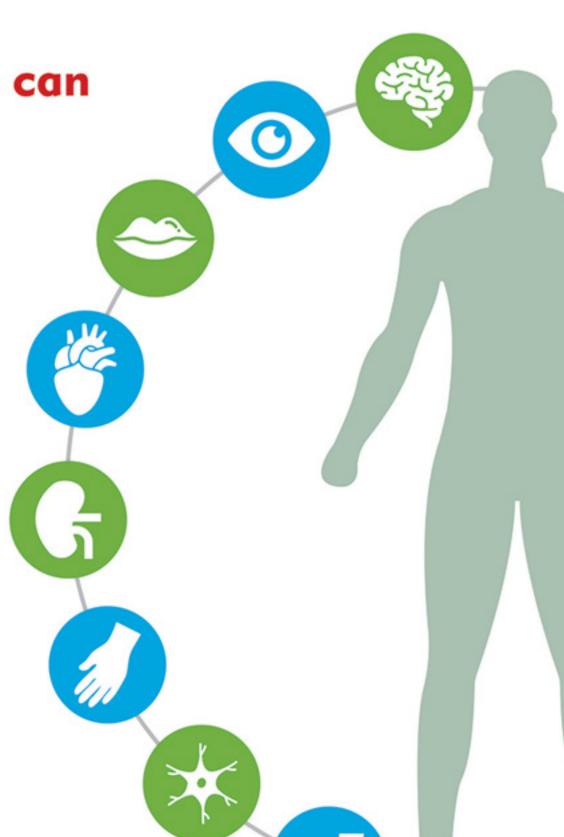


Consistently high glucose can lead to complications:³

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

Numbers to remember⁴

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



EXCESSIVE THIRST



EXCESSIVE HUNGER



FREQUENT URINATION



EXTREME TIREDNESS



BLURRED VISION

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

T B

DELAYED WOUND HEALING

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

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



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://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451, viewed on July 5, 2023.

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