

Fetch water from the well



Play football

Check your blood sugar every year



What should I do now?

- Come to the health facility every six months as instructed by the health worker.
- Choose a healthy life style buddy who can help you meet your lifestyle goal.
- Attend your peer group meeting in the community. (Only for those in community arm)

Do you have any questions?

Ask the health worker atHealth Centre.

Pre diabetes

INFORMATION BOOKLET



What is diabetes?

Diabetes is a disease that people get when their body does not produce enough of a hormone called insulin or when their body can not use insulin effectively. It causes them to have high sugar in their blood (More than 6.9 mmol/L).



People with diabetes often have the symptoms below



Okuwulira endhugho eyamaanhi



okuwulira endhala eya maanhi



Omusulo gubita buli kiseera

Other signs of diabetes: •Weakness •Weight loss •Blurred vision •Frequent illness

What is pre diabetes?

Pre diabetes is a condition where someone has high sugar in his or her blood (5.6 – 6.9 mmol/l) and they can develop the disease called diabetes described above although they do not have it yet.

How can I know if I have diabetes?

- Check your blood sugar at the health facility to find out if you have diabetes
- Repeat the tests for your blood sugar every year.



Why is it important for me to find out early if I have diabetes?

Early diagnosis of blood sugar will reduce development of complications.

What complications does diabetes cause?

If diabetes is not treated it can lead to damage of the heart, kidneys, feet, eyes and even death.



What should I do if I have pre diabetes?

Eat smart



Eat small frequent meals with low starch and hire fibre



Eat plenty of fruits and vegetables

Foods to avoid



Avoid sweetfoods



Avoid fatty foods

Do lots of Physical exercise



Walk briskly



Dig

Information Booklet for Diabetics



**Below 125/85
(Good)**



**Above 130/90
(Very High)**

• Go to the health facility if you have Warning signs

Warning signs of low blood sugar



Sweating and Clamminess



Weakness

Other warning signs

- Hunger
- Confusion
- Moodiness
- Irritability
- First hear beat
- Head-ache

Warning signs of high blood sugar



Increased thirst



Severe Headaches

Other warning signs

- Difficulty concentrating
- Increased urination
- Blurred vision

What should I do now?

- Come to the health facility every month as instructed by the health worker.
- Choose a care companion who can help you meet you manage your illness.
- Attend your peer group meeting in the community every month (only for those in community arm).

• Do you have any questions? Ask the health worker at Health Centre.



What is diabetes?

Diabetes is a disease that people get when their body does not produce enough of a hormone called insulin or when their body can not use insulin effectively. It causes them to have high sugar in their blood (More than 6.9 mmol/L)

People with diabetes often have the symptoms below



Feel very thirsty



Feel very hungry



Pass urine all the time



Other signs of diabetes

- Weakness
- Weight loss
- Blurred vision
- Frequent illness
- Picture of a man passing urine.

Why is it important for me to take the recommended treatment for diabetes?

Picture of a person whose foot was cut off Early and appropriate management of diabetes will reduce complications.



What complications does diabetes cause?

If diabetes is not treated it can lead to damage of the heart, kidneys, feet, eyes and even death.

What should I do if I have diabetes?

- Take the recommended treatment as instructed by the health worker



Take your tablets as instructed



Take your insulin injections as instructed



Keep your appointments at the health facility

Eat Smart



Eat small frequent meals with low starch



Eat plenty of fruits and vegetables



Avoid sweet foods



Avoid fatty foods

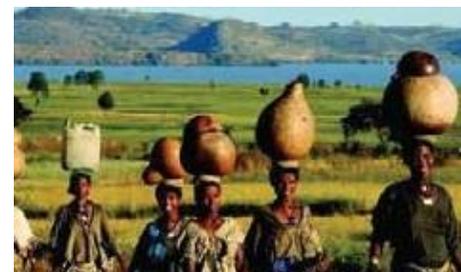
Exercise



Walk briskly



Dig



Fetch water from the well



Play football

Monitor your vital signs



Check your blood sugar regularly



Below 137mg/dl (Good)



Above 216mg/dl (Very High)