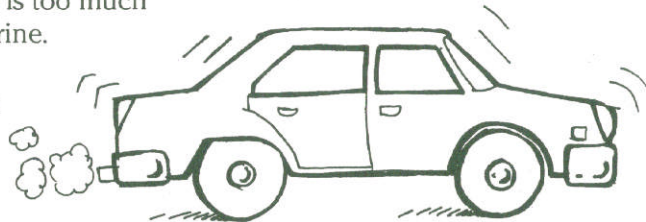


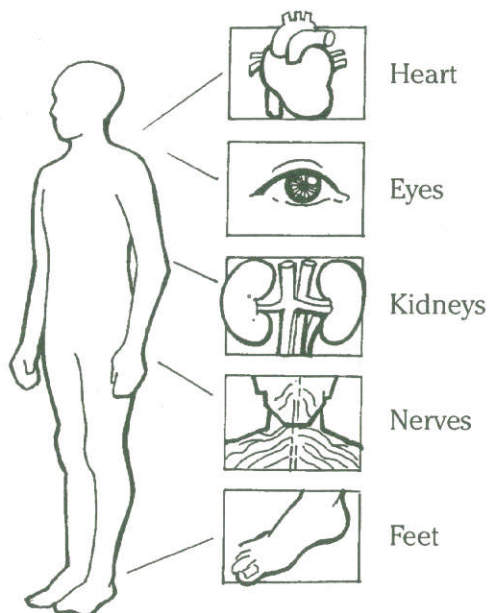
# DIABETES



Diabetes is serious. There is too much sugar in the blood and urine. The body does not have enough energy. It is like a car that does not get enough gas to work.



If you have sugar in your blood over a long time, you may get problems with your:



**Signs:**

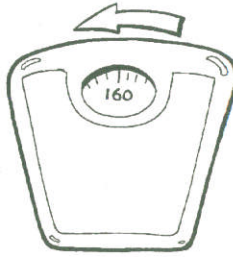
1. Very thirsty.



2. Very tired.



3. Losing weight.



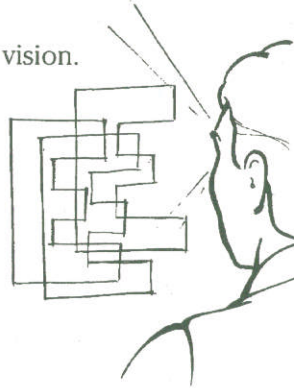
4. Urinating more than usual.



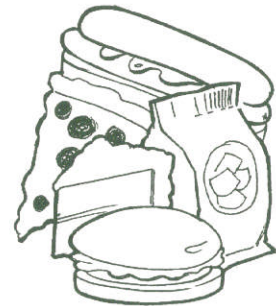
5. Sores that do not get well.



6. Blurred vision.



7. Eating a lot of food.



**What to do:**

If you have four or more of these signs, go to the health clinic for a diabetes check-up.

Is diabetes cured? No, but it can be controlled by:

- Regular exercise
- Healthy foods
- Medicines
- Regular clinic visits
- Weight loss, if necessary



Taking care of your diabetes will make you feel good while you work.  
You will feel better and make your family happy!