

SAY YAWO TO DIABETES

Your regular check-ups

- It is important that you get your feet, kidney, eyes and heart checked up by the team and the doctor regularly

Active lifestyle

- 30 minutes of activity everyday helps you improve your diabetes and your overall health.

Watch your weight

- When you lose weight it helps reduce fat and sugar in your body and lower blood pressure

Observe blood sugar

- Checking your blood sugar, the team can help you make good choices for eating and exercising.

