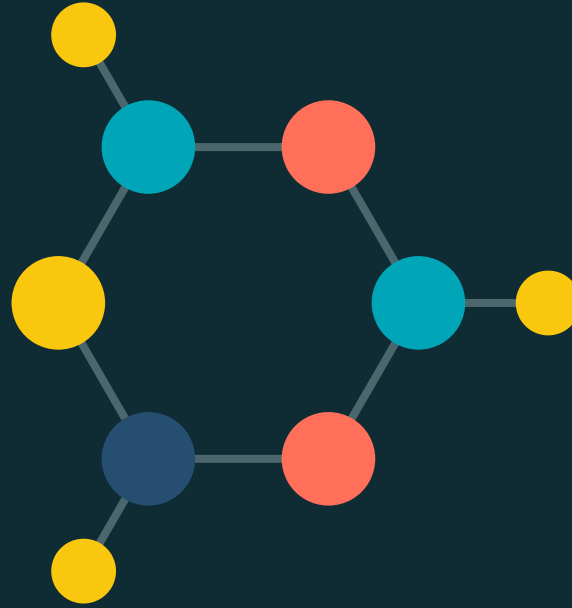




Understanding Diabetes

Awareness, prevention and everyday management

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Agenda

01 Overview

02 Signs & causes

03 Care

04 Action



Image

What is diabetes?

Diabetes is a condition in which blood sugar stays too high because the body does not make or use insulin properly.

Type 2 diabetes is the most common form and is closely linked to lifestyle. With early diagnosis and good habits, most people live full, active lives.



Medical illustration

Why it matters

1 in 10

adults may have diabetes
(illustrative)

50%

may not know they have it

30 min

of daily activity helps

Illustrative figures — cite current guidelines for your audience.

Common symptoms

01

Thirst

Feeling thirsty and urinating often.

02

Fatigue

Tiredness and blurred vision.

03

Slow healing

Cuts and infections heal slowly.

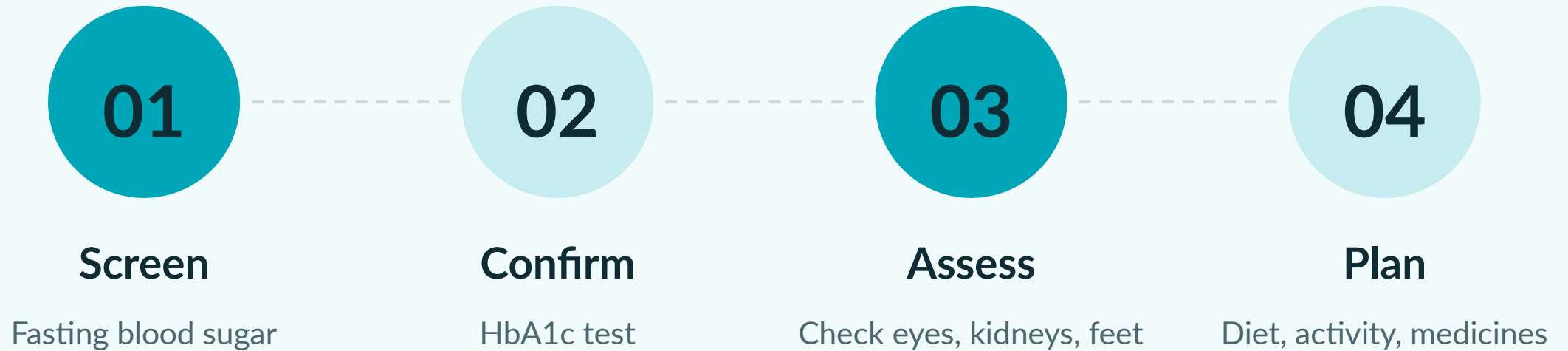
Risk factors

- Family history of diabetes
- Overweight and inactivity
- High blood pressure
- Unhealthy diet high in sugar

TIP

Get your blood sugar checked once a year after 30.

Diagnosis



Prevention and treatment

Prevention

- Eat more whole grains and vegetables
- Stay active every day
- Maintain a healthy weight
- Limit sugary drinks

vs

Treatment

- Lifestyle changes first
- Oral medicines as prescribed
- Insulin when needed
- Regular monitoring

When to see a doctor

Situation	Action
Very high thirst and weight loss	See a doctor this week
Wound not healing	Visit a clinic
Confusion or fainting	Seek emergency care

General information, not medical advice.

Healthy habits

01

Move

30 minutes of walking daily.

02

Eat well

Half the plate vegetables.

03

Sleep

7–8 hours every night.

Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team