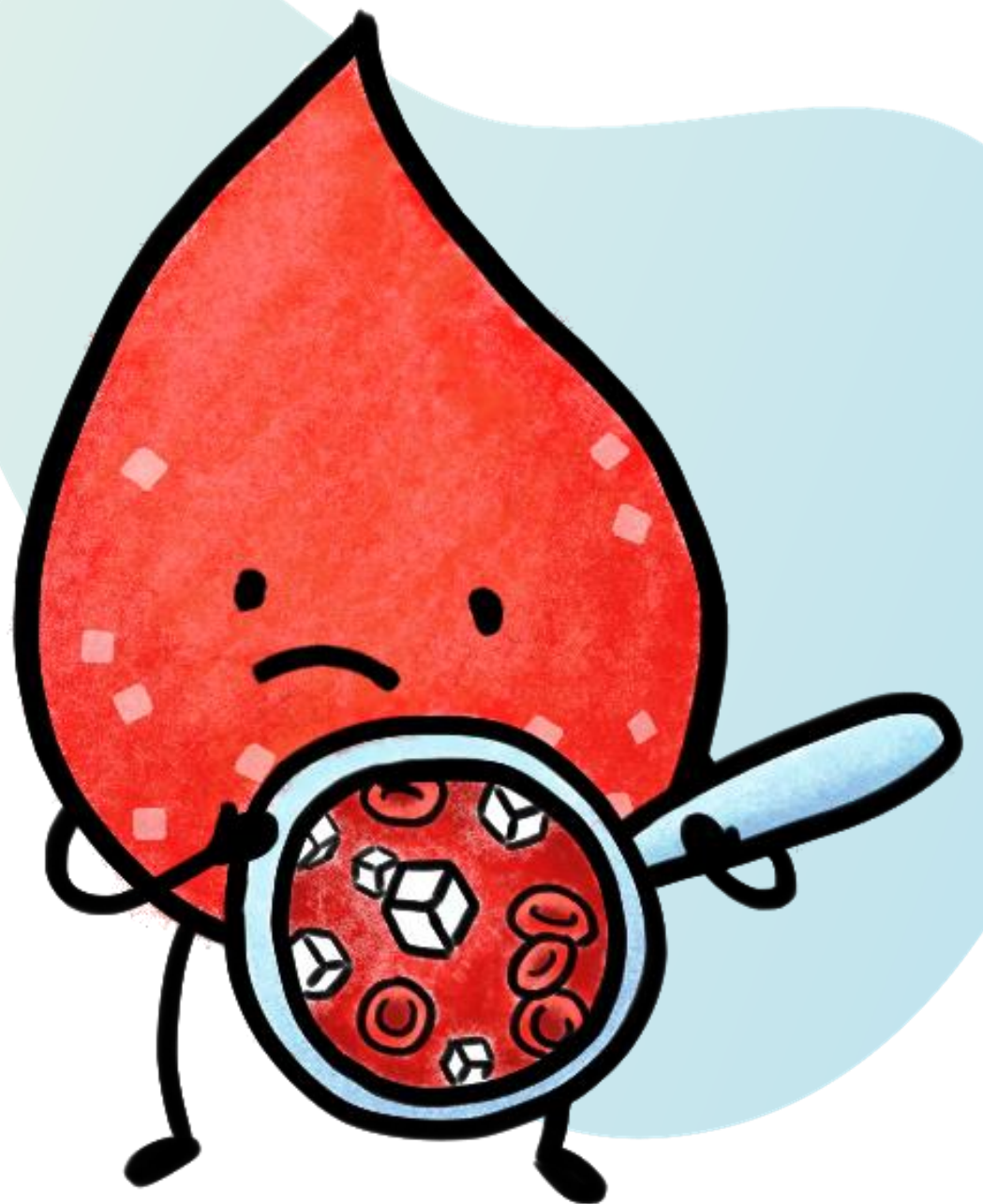


# Tips for a Healthier You

## What is diabetes?

It's a chronic medical condition that **affects your body's ability to break down sugar**. This means a lot of sugar is left in your blood.

If left untreated, diabetes causes damage to blood vessels, which can lead to heart attack, stroke, and problems with the kidneys, eyes, feet and nerves.



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# Tips for a Healthier You

## How do I know if I have diabetes?

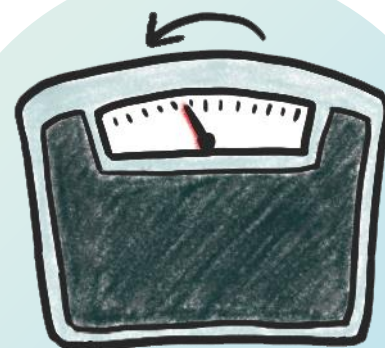
Common symptoms of diabetes include:



**Excessive Urination**



**Thirst**



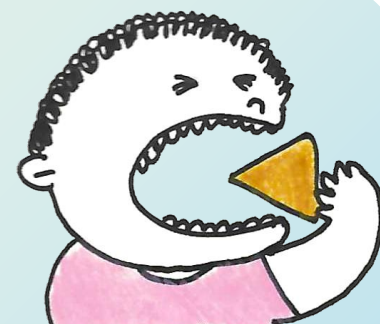
**Unexplained Weight Loss**



**Exhaustion**



**Dizziness**



**Excessive Hunger**

If you have diabetes or suspect that you do, please see a doctor. Visit the medical clinic, especially if your employer has enrolled you with the Primary Care Plan. Find your nearest medical centers and their locations [here](#).

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# Tips for a Healthier You

## Prevent Diabetes!

Follow these simple steps to reduce your risk of getting diabetes!



Make healthier food choices.



Drink water instead of sugary beverages.



Quit or cut down on alcohol and smoking.



Do exercises like walking, jogging, or stair climbing.



Eat high-fibre foods like moong dal oats or beans, almonds, wheat biscuits or plain yogurt.

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Source:

1. "Let's beat Diabetes". HealthHub.