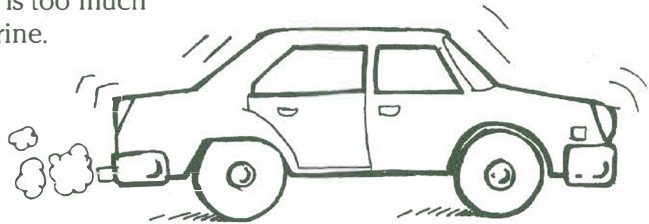


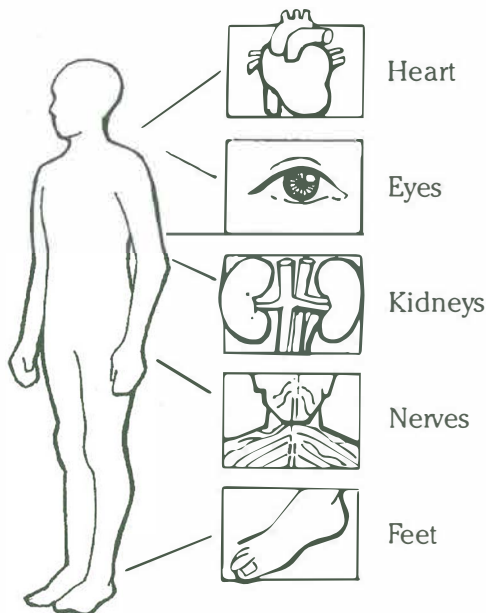
DIABETES



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.



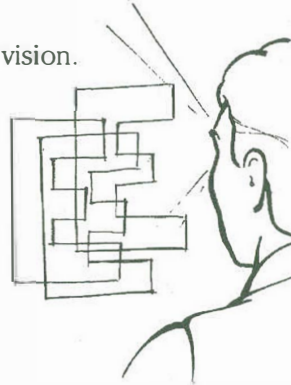
4. Urinating more than usual.



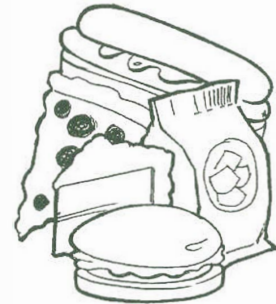
5. Sores that do not get well.



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!

