

Diabetes: Know the Signs and Daily Care

RK Bloom Foundation Community Health Pamphlet

1. Diabetes happens when blood sugar stays too high and can affect the heart, eyes, kidneys, nerves, and feet over time.
2. Possible signs include frequent urination, unusual thirst, constant hunger, weight loss, tiredness, blurry vision, or slow-healing wounds.
3. Screening helps people find diabetes early. Ask a clinic or outreach health worker about blood sugar checks.
4. Daily care can include balanced meals, regular physical activity, prescribed medicines, and follow-up visits.
5. People living with diabetes should check their feet, protect wounds, and seek care for sores, swelling, numbness, or infection.
6. Seek urgent care for confusion, severe weakness, vomiting, fast breathing, fainting, or very high or very low blood sugar symptoms.
7. This pamphlet supports education only. It does not replace advice from a licensed health professional.

For questions, contact RK Bloom Foundation: rkbloomfoundation@gmail.com