

Diabetes: Know the Signs and Daily Care

RK Bloom Foundation Community Health Pamphlet

1. Diabetes mean say sugar for blood dey high for long time. E fit affect heart, eye, kidney, nerves, and foot.
2. Signs fit include urinating many times, too much thirst, hunger, weight loss, tired body, blurry eye, or wound wey no heal quick.
3. Blood sugar check fit help find diabetes early. Ask clinic or outreach health worker for screening.
4. Daily care fit include balanced food, regular movement, medicine wey doctor give, and follow-up visit.
5. Person wey get diabetes suppose check foot well and seek care if sore, swelling, numbness, or infection show.
6. Go hospital quick quick for confusion, serious weakness, vomiting, fast breathing, fainting, or signs of very high or low sugar.
7. This pamphlet na for health education. E no replace advice from doctor, nurse, or trained health worker.

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