

YOUR BEST CHOICE FOR DIABETES MANAGEMENT

Balanced Diet

Plate with fruits and vegetables
Eat a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins.

1

Regular Exercise

Running shoe or person jogging
Exercise regularly—aim for 30 minutes most days

2

Monitor Blood Sugar

Glucometer
Check your blood sugar regularly to keep it in your target range.

3

Medication Management

Pill bottle or insulin pen
Take medications as prescribed by your doctor

4

Stress Management

Meditation person or calm symbol
Manage stress with relaxation techniques like meditation, yoga, or deep breathing.

5

Regular Check-ups

Doctor stethoscope
Visit your healthcare provider for regular check-ups and screenings.

6

Stay Hydrated

Water bottle
Drink plenty of water throughout the day

7

AUGUST
2023

Sleep Well

Bed or sleep moon
Ensure 7-8 hours of quality sleep each night.

8

Importance of Regular Monitoring

Heart with a pulse or Glucose meter
Monitor your blood sugar levels regularly to stay in control.

9

Healthy Eating Habits

Apple or Salad Bowl
Focus on whole foods, and avoid processed sugars.

10

Physical Activity and Blood Sugar

Running person or Dumbbells
Exercise helps your body use insulin more efficiently, improving blood sugar control.

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WEBSITE

<http://www.chesthospital.co.in/>

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