Diabetes is serious; it can kill; more people have diabetes. Diabetes hurts the body. You could lose your sight, your feet, your sexual ability. Too much sugar in the blood can hurt your heart; your brain; your kidneys; your blood vessels; your teeth. There is no cure for diabetes. You can control it and be healthy.
There are three kinds of diabetes. Type 1 usually strikes younger people; they must use insulin. Type 2 is the most common; it usually strikes people over thirty; they may use insulin or pills. Type 3 — Gestational. It happens during pregnancy; the mother needs extra care to have a healthy baby.
Normal blood sugar keeps you healthy. Too low (below 70) you feel shaky and sweaty. Too high (over 200) you feel tired and sleepy. Are you sick today? Test your sugar, rest, drink plenty of water. Test when the doctor says or when you feel odd. Good/Safe level: 80—110 before you eat and under 160 after you eat (two hours later).
Some people take pills; there are many kinds. Some people take insulin. Take your medicine on time. Take it every day.
Bạn thân bạn

Bạn là người làm chủ bản thân mình.

Bạn có thể uống nước ngọt loại (diet)

Bạn có thể tự giúp bạn

- Không hút thuốc
- Ăn chừng đường trong máu
- Ăn chừng áp huyết cao
- Hãy đi khám bác sĩ thường xuyên
  - Mắt
  - Chân
  - Chích thuốc ngừa cùm
  - Khám mổ trong máu

Hãy uống thuốc aspirin loại nhẹ mỗi ngày trừ khi bác sĩ cấm
Family and friends can help you: exercise more, choose better food, feel happier, test blood sugar, go to doctor, and get medicines and supplies.
The dục rất cần thiết

Làm những món gì mà mình thích
Và cố gắng tập hàng ngày

English: Maintain activity. Moving makes you stronger. Do something you like that requires physical activity. Try to do it every day.
Feet can last. Shoes must fit. Socks must be clean and smooth. Wash feet daily and dry them. Do not go barefoot. If you have a sore, go to the doctor; do not wait!
Healthy food is important. Healthy weight is important. The body must be able to move. The body needs the right amount of food. Eat three meals a day. Eat a variety of good foods. Avoid fried or fast foods. Fresh food with fiber is good.
These are green light foods. You may eat more of them.
Yellow light foods are good; you must watch portions. Small people eat less, workers eat more. Fruit — 3 to 4 pieces per day. Milk or yogurt — 2 to 3 cups per day. Eggs, about 3 per week. Lean meat or fish — 4 to 8 oz. per day. And starchy foods — 2 to 3 servings per meal.
Use less of red light foods. Eat small portions of these foods.