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183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
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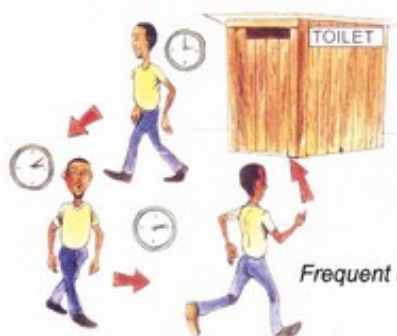
DIABETES What you need to know

What is diabetes?

Diabetes is a chronic condition that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. Insulin is a hormone made by the pancreas that enables cells to take in glucose from the blood and use it for energy.

Signs and symptoms of Diabetes

Most Common Signs and Symptoms are frequent urination, tiredness, excessive thirst, weight loss (sometimes weight gain), increased hunger, lack of interest and concentration, blurred vision and in some cases vomiting and stomach pains.



Frequent urination



Excessive tiredness



Sudden Weight loss

Prevention of Diabetes

- Avoid high intakes of carbohydrates, fats and sugar
- Regular physical exercises
- Early Diagnosis through blood testing.
- Maintain a healthy body weight.



Avoid Fatty foods



Physical exercise



Maintain a health body weight

To be on the safe side visit the nearest health facility for a health checkup

