

**A man eating a meal, taking medication, avoiding alcohol and monitoring blood sugar: avoiding Hypoglycaemia in Kenya. Colour lithograph by Ministry of Health, ca. 2000.**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



# JINSI YA KUEPUKANA NA SUKARI SHUKATITI



Usikose kula chakula, kula wakati ufao



Ni muhimu kupima kiwango cha sukari katika damu yako kila mara



Meza dawa kulingana na maagizo ya daktari



Hakikisha umewajulisha jamaa na marafiki wako kwamba una hatari ya kupata Sukari Shukatiti na jinsi ya kutatua hali hii



Jiepushe na unywaji wa pombe



Kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya

Kwa maelezo zaidi kuhusu ugonjwa wa Kisukari tembelea kituo cha afya kilichoko karibu nawe au kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya.

Nambari ya simu: 2718010/2733794



TAASISI YA UGONJWA WA KISUKARI DUNIANI