

A nutritionist displaying an image of fresh food to a group: importance of nutrition to combat diabetes in Kenya (Swahii version). Colour lithograph by Ministry of Health, ca. 2000.

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NJIA ZA KUDHIBITI UGONJWA WA KISUKARI



Watu wote wenye kisukari wanahitaji kuelimishwa vyema kuhusu ugonjwa huu

Ugonjwa wa kisukari waweza kudhibitiwa kwa mojawapo wa njia hizi:

1. Chakula bora na mazoezi
2. Chakula bora, mazoezi ya viungo na dawa za kisukari za tembe
3. Chakula bora, mazoezi ya viungo sindano ya insulini bila ama pamoja na tembe za kisukari



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



TAABISI YA UGONJWA WA KISUKARI DUNIANI