

DIABETES MELLITUS



- Eat a healthy diet at regular intervals, spaced no more than **4 or 5 hour apart**.
- Do regular aerobic exercise for **30 minutes a day** and **5 days in a week**.
- Continue the medications and adjust your medication dosages as per doctor's advice only.
- Monitor the Blood sugar levels fasting and **2 hours** after meals.
- Document the readings in the given chart as explained.
- Identify the signs and symptoms of **Hypoglycemia (Low Blood sugar)** & **Hyperglycemia (High Blood sugar)**.
- Manage stress.
- Maintain healthy body weight. (BMI - **Less than 25**)
- Follow up regularly with your Doctor & get regular advice.

WHEN TO CONTACT THE BSH EMERGENCY ROOM/DOCTOR:

- High/Low Blood Sugar Levels
- Dizziness
- Tremor
- Headache
- Sweating
- Frequent urination
- Weakness
- Blurred Vision

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