

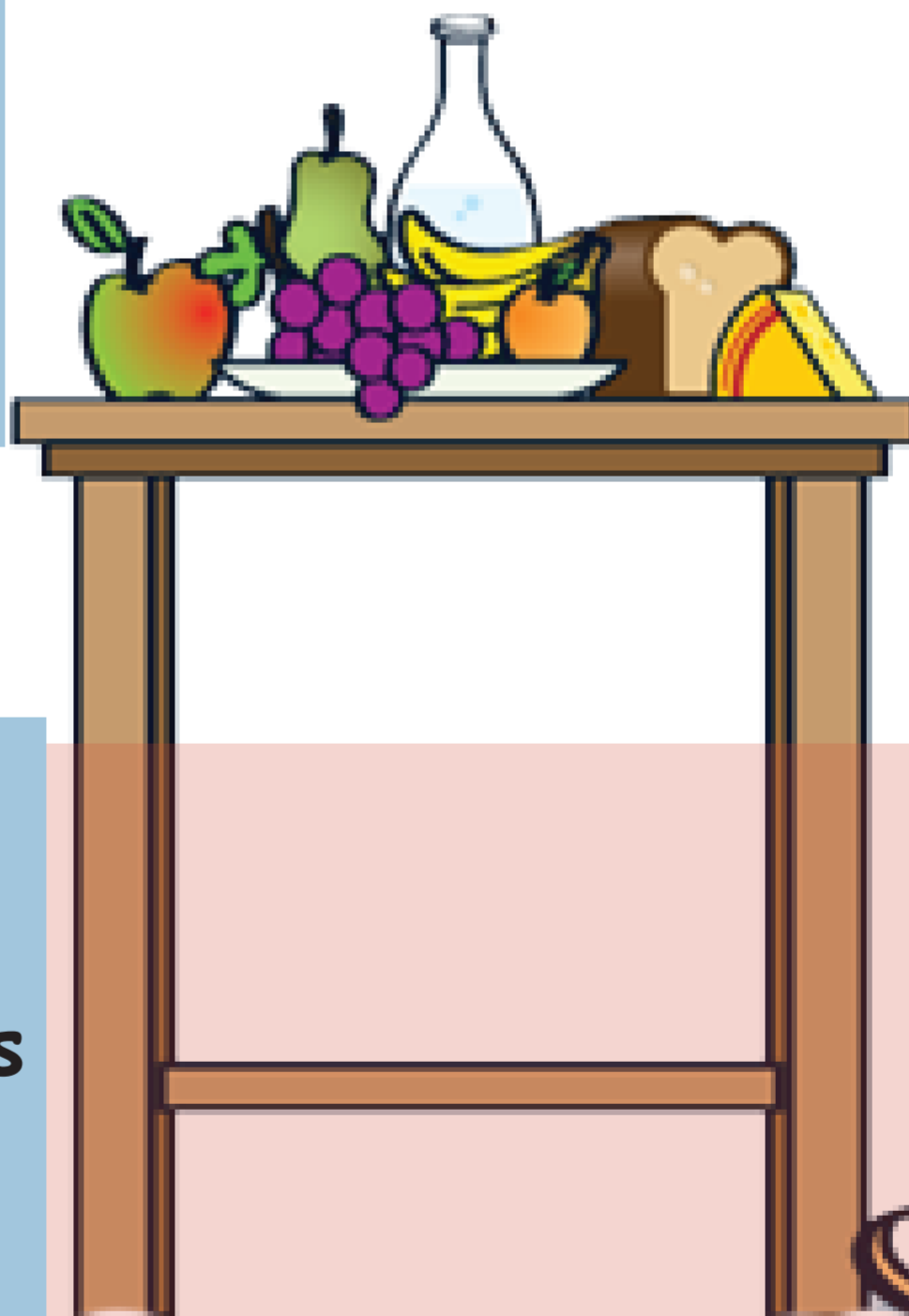
Diabetes Prevention Through Schools' Programme

PREVENT

DIABETES

DIABETES SYMPTOMS

- Excessive thirst
- Increased Fatigue
- Blurred Vision
- Frequent Urination
- Weight Loss
- Extreme Hunger



MINIMIZE THE RISK BY:

- Eating Healthy foods
(Fruits & Vegetables)
- Avoid Sugarly foods & drinks
- Exercise 30 minutes daily
- Avoid Smoking
- Avoid Alcohol
- loose weight