

# The Indian Medical Minutes

"Your Family Doctor's Weekly Guide to Good Health."

## Are You Diabetic? Then Follow This...

### Health Discipline

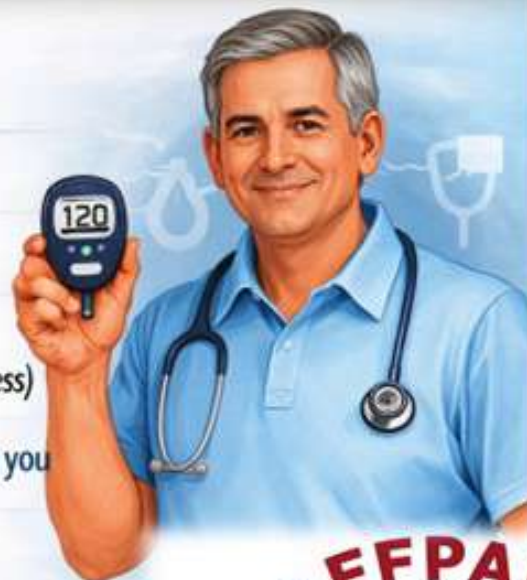
- Take your medicine regularly
- Do regular sugar monitoring
- Watch your diet carefully
- Know symptoms of hypoglycemia (sweating, shakiness, confusion, dizziness)
- Always keep sugar or glucose with you

### Preparedness

- Keep enough stock of medicine
- Know your limitations

### Lifestyle

- Stay active with daily exercise
- Monitor blood pressure and get your cholesterol checked
- Follow up with your Family Doctor



FAMILY PHYSICIAN-MODERN MEDICINE

Consult your Allopathic Family Physician for guidance



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