

TIPS TO REDUCE YOUR RISK FOR HEART DISEASE IN DIABETES



Maintain a healthy weight.



Keep your blood glucose levels as close to normal as possible.



Limit your intake of salt in food.



Stop smoking.



Stay active.



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!

Ref: Diabetes care-10 ways to avoid complications.

Available on <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20045803>. Last assessed on 11th Aug 2020.

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