

SAFARI DOCTORS HEALTH AMBASSADORS

DIABETES

ANSWERS

1. Raised blood sugars, low insulin
2. Obesity, poor diet, family history, obesity, lack of exercise, smoking (increases complications)
3. Heart, blood vessels, eyes, kidneys, nerves, feet
4. Reduce sugar, reduce salt, reduce fat, increase whole grains, increase fresh fruit and veg
5. None! Blurry vision, tiredness, needing to wee a lot, weight loss, thirst