

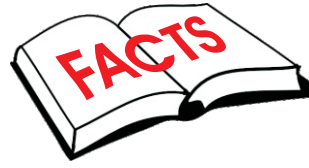
DIABETES

MYTHS & FACTS

MYTHS



IF YOU ARE OVERWEIGHT, YOU WILL EVENTUALLY DEVELOP TYPE-2 DIABETES



Overweight is a risk factor, most overweight people never develop type 2 DM & many people with type 2 DM are at normal weight or moderately overweight.



IF YOU DEVELOP DIABETES, YOU CAN NEVER EAT SUGAR AGAIN

People with diabetes can eat sweets, but sugary treats must be part of careful meal plan, as advised by the doctor.



I FEEL FINE, SO MY BLOOD SUGAR IS FINE

High or low blood sugar doesn't always produce symptoms. Regular monitoring is the only way to know for sure where you stand.



I AM GOOD AT SELF MANAGEMENT, SO CHECK UPS ARE A WASTE OF TIME

Treatment programme is never static thanks to continuous research. The best is to make regular visits to your doctor.



IF YOU HAVE DIABETES YOU SHOULD ONLY EAT SMALL AMOUNT OF STARCHY FOOD

They are a part of healthy meal plan. Whole grains breads, cereals, rice, potato, peas can be included, as advised by the doctor.

*Source: ADA