

Don't give in to



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DIABETES

DON'T LET DIABETES BLIND YOU

This is Tulia Ravula, just 23 years old she has lost her eyesight due to the complications of her diabetes.

"What I miss the most is being able to walk around my village to see my friends and relatives," she said.



You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

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DON'T LET DIABETES CRIPPLE YOU

"I am determined I will not lose any more of my limbs to diabetes. With the help of my family, I can manage my diabetes by eating a balanced diet, exercising and following my doctor's instructions."
Chand Kunwar, 71 years old.

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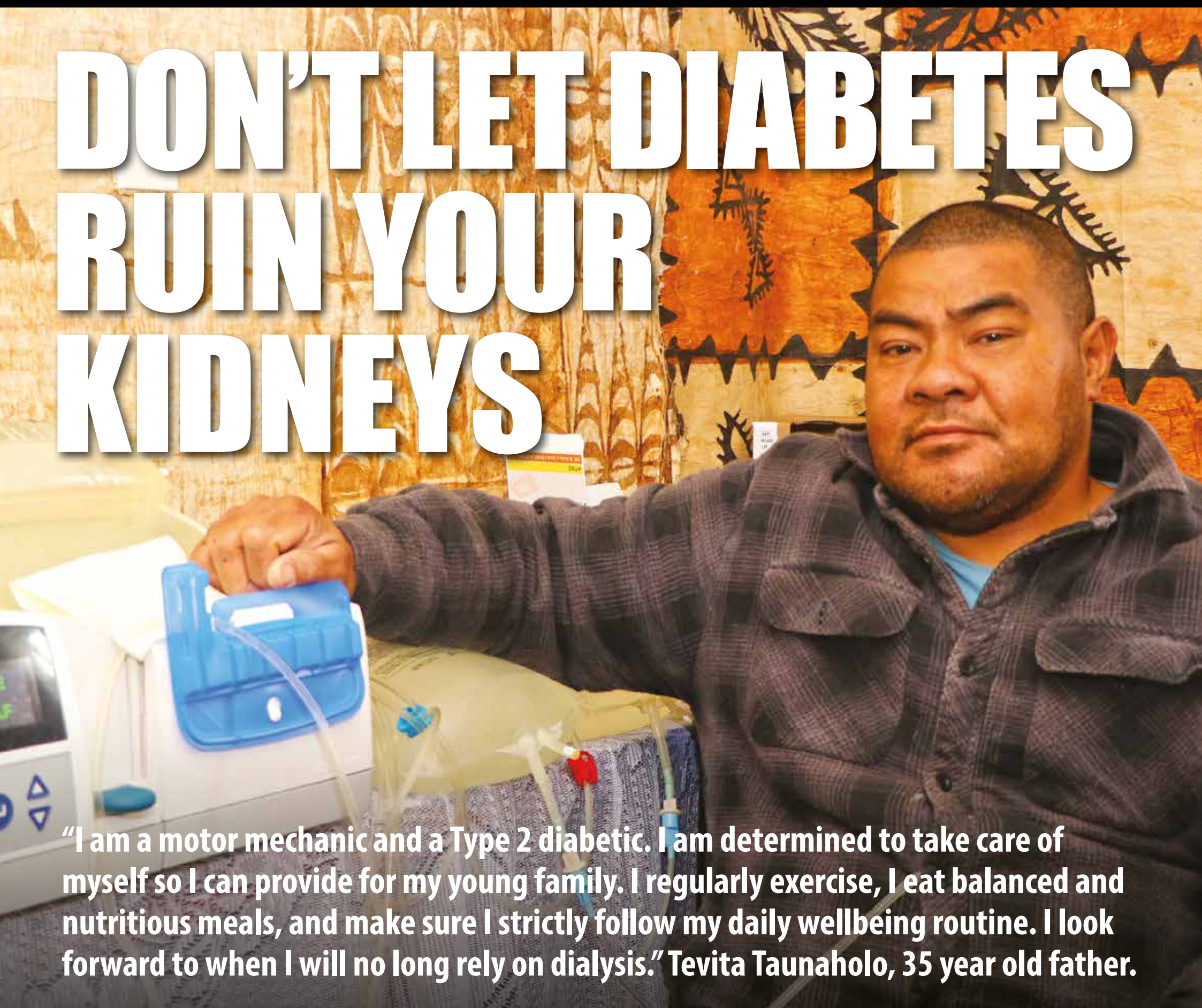
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DON'T LET DIABETES RUIN YOUR KIDNEYS



"I am a motor mechanic and a Type 2 diabetic. I am determined to take care of myself so I can provide for my young family. I regularly exercise, I eat balanced and nutritious meals, and make sure I strictly follow my daily wellbeing routine. I look forward to when I will no longer rely on dialysis." Tevita Taunaholo, 35 year old father.

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