

Managing Diabetes

9 - 22 Nov 2023



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3 tips for keeping diabetes at bay*



Maintain a healthy weight through regular exercise and a balanced diet.



Get active: do a mix of aerobic and resistance workouts and take regular stand and walk breaks.



See your doctor for regular check-ups, especially if you have weight concerns, have been diagnosed with prediabetes, or have had gestational diabetes.

*Always seek a qualified health professional's guidance before making changes to your lifestyle.



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Promotion is valid till 22 Nov 2023.

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Reference: 1. Kocher, S, et al., Comparison of Lancing Devices for Self-Monitoring of Blood Glucose Regarding Lancing Pain_J Diabetes Sci Technol_2009; Sep. 3(5):1136-1143.

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