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Basic Diabetes Class Handout without Goals - Spanish

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Description

This diabetic patient handout reviews A1C test results and simply illustrates what the patient can do to stay healthy. (Spanish)

Keywords

Diabetes, Patient Education

Disciplines

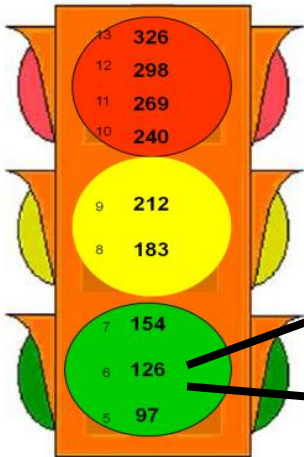
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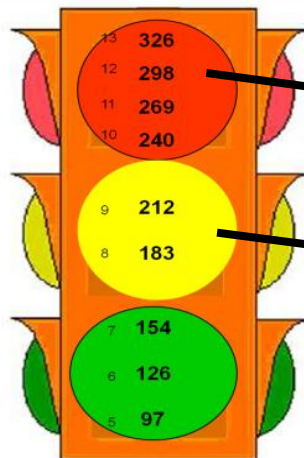
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Mantenga su promedio de azúcar en la zona verde

¡Mantenga en la **zona verde** su azúcar para en la sangre para que pueda estar sano toda la vida.



Los niveles de azúcar en la **zona amarilla o roja** causarán graves problemas en su salud en el futuro.

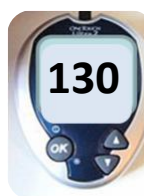


Diálisis



Amputación

Mantenga su azúcar bajo control



Antes de Comer



1 Hora después de comer

Come 3 verduras cada día



Come 3 frutas cada día



Siempre tome sus medicinas como dice su doctor o enfermera



Haga ejercicio **30 minutos** casi todos los días



Mantenga la presión arterial a menos de **140/90**