2-2018

Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - Spanish

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Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - Spanish

Description
One page handout for diabetics illustrating blood glucose, blood pressure and exercise goals. (Spanish)

Keywords
Diabetes, Patient Education, Blood Glucose, Blood Pressure, Exercise

Disciplines
Endocrine System Diseases | Nutritional and Metabolic Diseases

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La Meta es Estar Saludable a Pesar de la Diabetes

Mantenga el azúcar a niveles saludables

<table>
<thead>
<tr>
<th>Menos de 130</th>
<th>Menos de 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antes del desayuno</td>
<td>1 hora después de comer</td>
</tr>
</tbody>
</table>

Haga ejercicio por 30 minutos casi todos los días.

Mantenga la presión debajo de 140/90.

Tome sus medicinas cada día.

Coma 3 verduras cada día.