



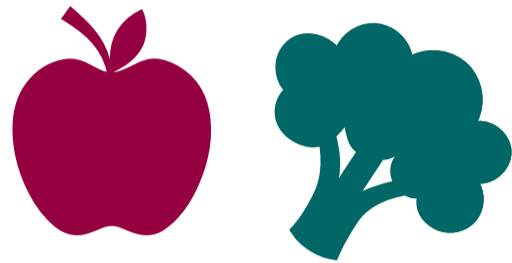
Make sure to regularly attend **preventive and check-up medical examinations.**



Pay attention to your **lipid and cholesterol levels.**



Make sure to get **enough sleep** and **have a regular sleep pattern.**



Make sure your diet is **varied, balanced, and rich in fiber.**

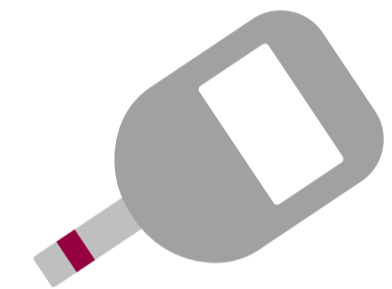


Avoid or limit consumption of **tobacco and alcohol.**

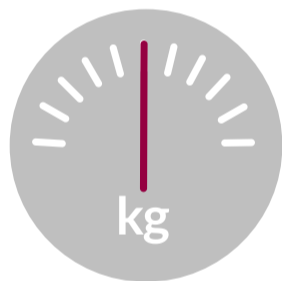


Try to relieve **stress.**

Prevent the complications of diabetes



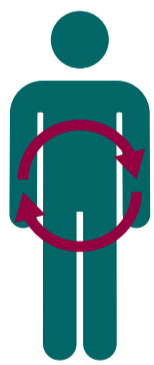
Aim to have long-term and **adequate control of blood sugar levels.**



Try to maintain a **healthy weight.**
Try to avoid weight gain or reduce weight if currently overweight.



Avoid high blood pressure.
If diagnosed with high blood pressure, seek appropriate treatment.



Try to avoid **severe metabolic imbalances** (low or high blood sugar levels) – especially those that require external help.



Get enough exercise (at least 3 hours of **moderate physical activity** per week) and make physical activity part of your daily routine.



Talk to your family doctor or diabetologist about your individual target ranges for body weight and your blood sugar, blood pressure, lipids, and cholesterol levels.