

A close-up photograph of a person's hands using a white and grey glucose meter. The person is holding a small white test strip in the meter's slot and has just pricked their finger with a lancet, with a small drop of blood visible. The meter's screen displays the number '5.6' and the date '12-19'. The background is a blurred, dark surface, possibly a table or desk, with a black and white marker visible on the right side.

முன்னெச்சரிக்கையாக இருந்திடுங்கள்

சிகிச்சை இலக்குகளும் கண்காணித்தலும்