

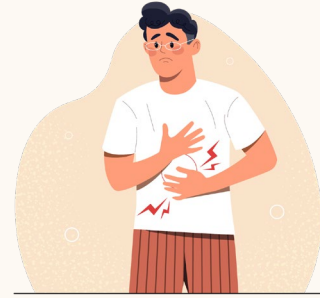
# Common signs and symptoms of **HYPERglycaemia** (high blood sugar)



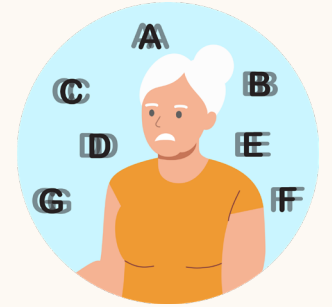
**Increased thirst**



**Frequent urination**



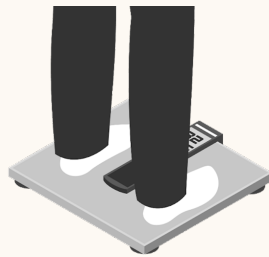
**Increased hunger**



**Blurred vision**



**Headaches**



**Weight loss**



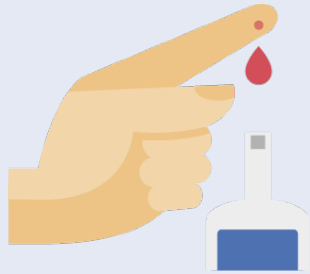
**Slow-healing cuts**



**Blood sugar level  
> 16 mmol/L**

# If you experience **HYPERglycaemia** symptoms or your blood sugar level is high (> 16 mmol/L)

1



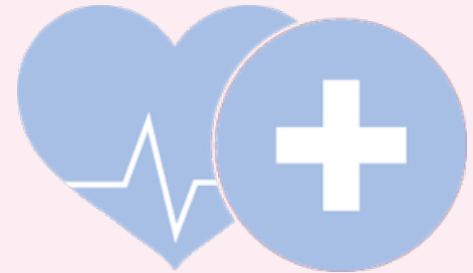
**Check your blood sugar level**  
more often

2





Drink plenty of **plain water**

3



**Seek medical advice** if  
symptomatic, or if blood sugar  
level remains persistently high  
> **16 mmol/L**

# Go for your regular check up to detect and prevent complications

| Assessment/Test   | Frequency  | Possible Complications  |
|---|--|---|
|  <ul style="list-style-type: none"><li>• Weight and height (BMI)</li><li>• Blood pressure</li><li>• HbA1c (blood sugar)</li><li>• Stress, emotional well-being</li></ul> | <p><b>At least every 3 to 6 months depending on your condition</b></p> | <p><b>Kidney Failure</b><br/><b>Blindness</b><br/><b>Amputation</b><br/><b>Heart attack</b><br/><b>Stroke</b></p> |
|  <ul style="list-style-type: none"><li>• Lipid profile (cholesterol)</li><li>• Kidneys</li><li>• Eyes</li><li>• Feet</li></ul>   | <p><b>At least once a year depending on your condition</b></p>         |   |