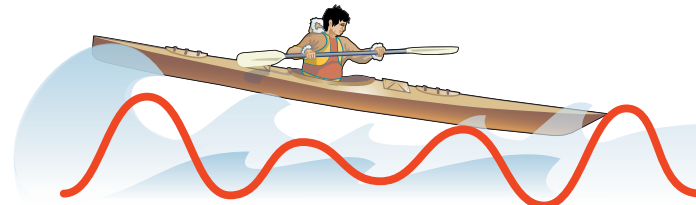


IT IS EASY TO CHECK FOR DIABETES

Blood glucose is sugar in blood. Blood glucose gives the body energy. Diabetes is a disease where the body can't control blood glucose levels. Healthy blood glucose levels go up and down like gentle waves. Unhealthy blood glucose levels are out of control and go up and down like waves in a storm, causing damage to the body.



Healthy blood glucose level



Unhealthy blood glucose level

Check the boxes that apply to you.

- I am thirsty and can't quench it.
- I go to the bathroom often.
- I am weak, tired, or sleepy.
- I have weight loss without trying.
- I have slow healing of wounds or infections.
- I have blurry vision.



If you have 1 or more check marks, see your health care provider.

- I am Inuk, First Nation, Metis, African, Asian, South Asian, or Hispanic.
- I am overweight, especially around the middle.
- I have an immediate family member with diabetes.
- I have mental illness.
- I have high cholesterol or high blood pressure.
- I had diabetes during pregnancy.



If you have 2 or more check marks, get tested for diabetes.

- I am over 40-years-old.



Get tested for diabetes.



Get tested every 3 years.



HEALTHY BLOOD GLUCOSE IS POSSIBLE
WITH TREATMENT, HEALTHY EATING, AND EXERCISE.



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WHAT IS PREDIABETES?

Prediabetes is when blood glucose levels are starting to get out of control, putting you at risk of developing diabetes.



To help prevent diabetes eat healthy, be active, lose weight, and take your medication.

Eat Healthy

Use the Nunavut Food Guide to help you make healthy food choices.

Eat more



Eat Less



Be Active

Aim for 30-60 minutes of activity on most days.

- Walk
- Dance
- Skate
- Walk up stairs
- Play traditional games
- Pick berries
- Hunt
- Shovel snow
- Play sports
- Do housework



Lose Weight

Even a small amount of weight loss can help your body control blood glucose better.



Take Your Medication

If you have questions or concerns about your medication, ask your doctor or nurse.



**MAKE WATER
YOUR MAIN DRINK.**



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