



BE SWEET, BUT NOT TOO SWEET: PREVENT AND MANAGE DIABETES

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What is Diabetes?

Diabetes is a condition where your blood sugar (asukal sa dugo) is too high. This happens when the body doesn't make enough insulin (a hormone that helps control blood sugar), or can't use it properly.

Over time, high blood sugar can damage the heart, kidneys (bato), eyes (mata), and nerves (mga ugat).

Diabetes is serious — but with the right habits, it can be prevented or managed.

Common Signs of Diabetes

1. **Frequent urination** (madalas na pag-ihi)
2. **Always thirsty** (laging nauuhaw)
3. **Sudden weight loss** (biglaang pagbabawas ng timbang)
4. **Blurred vision** (malabong paningin)
5. **Wounds that heal slowly** (mabagal gumaling ang sugat)
6. **Numbness or tingling in hands or feet** (pamamanhid ng kamay o paa)

Simple and Affordable Ways to Prevent or Manage Diabetes

Eat Healthy Meals

- Choose brown rice, vegetables, and lean meat like fish or chicken.
- Avoid sweet drinks like soft drinks and powdered juices (matatamis na inumin).
- Eat fruits, but in proper portions (tamang dami lang).

Be Active Every Day

- A friend, a family member, or a co-worker.
- Sharing your feelings can lighten your load (gumaan ang pakiramdam).

Watch Your Weight

- Being overweight increases your risk of diabetes.
- Small changes in food and activity can make a big difference.

Have Your Blood Sugar Checked

- Blood sugar tests help find diabetes early — while it's easier to control.
- Go to your nearest health center or clinic or get your own blood sugar monitor kit

Eat Healthy

- Choose fruits, vegetables, and simple home-cooked meals.

Avoid Smoking and Limit Alcohol

- These habits raise the risk of diabetes and damage organs.

Who's at Risk?

- Age 40 and above
- Family history of diabetes
- Overweight (sobra sa timbang)
- High blood pressure or high cholesterol
- Women who had gestational diabetes (diabetes during pregnancy)

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**



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