

DID YOU KNOW?

# THE 5 SYMPTOMS OF DIABETES

- 1. Extreme hunger**
- 2. Extreme thirst**
- 3. Needing to pee a lot**
- 4. Exhaustion**
- 5. Blurry vision**

If you have any of these symptoms, get your blood sugar checked at your local clinic or pharmacy.

**It's a quick and simple test with immediate results.**

Find out more at [www.sweetlifemag.co.za](http://www.sweetlifemag.co.za)

**sweet**life



#knowdiabetes

DID YOU KNOW?

# GETTING YOUR BLOOD SUGAR CHECKED IS QUICK & SIMPLE

- 1. Ask for a blood sugar test at your local clinic or pharmacy.**
- 2. It's a simple finger-prick blood test.**
- 3. You'll get an immediate result.**
- 4. It takes 5 minutes.**
- 5. It costs about R30.**

**Know your number!**

You can manage diabetes, but only if you know you have it.

Find out more at [www.sweetlifemag.co.za](http://www.sweetlifemag.co.za)

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