Diabetes is serious. There is too much sugar in the blood and urine. The body does not have enough energy. It is like a car that does not get enough gas to work.

If you have sugar in your blood over a long time, you may get problems with your:

- Heart
- Eyes
- Kidneys
- Nerves
- Feet
**Signs:**

1. Very thirsty.
2. Very tired.
3. Losing weight.
4. Urinating more than usual.
5. Sores that do not get well.
7. Eating a lot of food.

**What to do:**

If you have four or more of these signs, go to the health clinic for a diabetes check-up.

Is diabetes cured? No, but it can be controlled by:

- Regular exercise
- Healthy foods
- Medicines
- Regular clinic visits
- Weight loss, if necessary

Taking care of your diabetes will make you feel good while you work. You will feel better and make your family happy!