

Debre Sahl St. Michael's Eritrean Orthodox Church Presents

# Diabetes Awareness Day

Saturday 27th October 2018, Time: 11am

@ 78 Edmund Street, London, SE5 7NR

If you are aged 40+, at risk of developing Diabetes or want to learn more then this is the day for you!!

- ◆ What is diabetes? Differences between Type I and Type II explained
- ◆ Causes of Diabetes
- ◆ Symptoms of Diabetes
- ◆ Complications of Diabetes
- ◆ Prevention/reducing risk of developing Diabetes
- ◆ Diabetes control—through diet and lifestyle

There will be opportunities to have your blood glucose level measured, blood pressure test and speak to healthcare professionals for further information.





ደብረ ሳህል ቅዱስ ሚካኤልን አቡነ አረጋዊን  
ናይ ኤርትራ ኦርቶዶክስ ተዋህዶ ቤ/ክ ለንደን

## ሕማም ሽኩርያ

ቀዳም 27 ጥቅምቲ 2018 ሰዓት 11:00 ቅ/ቀ

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ዕድሜኹም ልዕሊ 40 ምስዝኸውን፣ ወይ ብዛዕባ ሕማማ ሽኩርያ  
ዘለኩም አፍልጦ ከተስፍሑ ምስትደልዩ፤ መጻእኩም ተሳተፉ!!

- ◆ ሕማማ ሽኩርያ እንታይ እዩ፣ አብ መንጎ Type I፤ Type II ዘሎ ፍልልይ እንታይ እዩ፣
  - ◆ ጠንቅታት ሕማም ሽኩርያ እንታይ እዩ፣
  - ◆ ምልክት ሕማም ሽኩርያ እንታይ ይመስሉ
  - ◆ ሕማም ሽኩርያ ብኸመይ ክወገድ ይከአል
  - ◆ ምቁጽጻር ሕማም ሽኩርያ፤ አመጋግባን ካልኣትን
- መርመራ ደምን ጸቕጢ ደምን'ውን ክግበረልኩም ይከአል ኢዩ፤ ዘድልዩኩም ሓበሬታ ካብ በዓል ሞያ ክትረኽቡ'ውን ትኽእሉ ኢኹም

