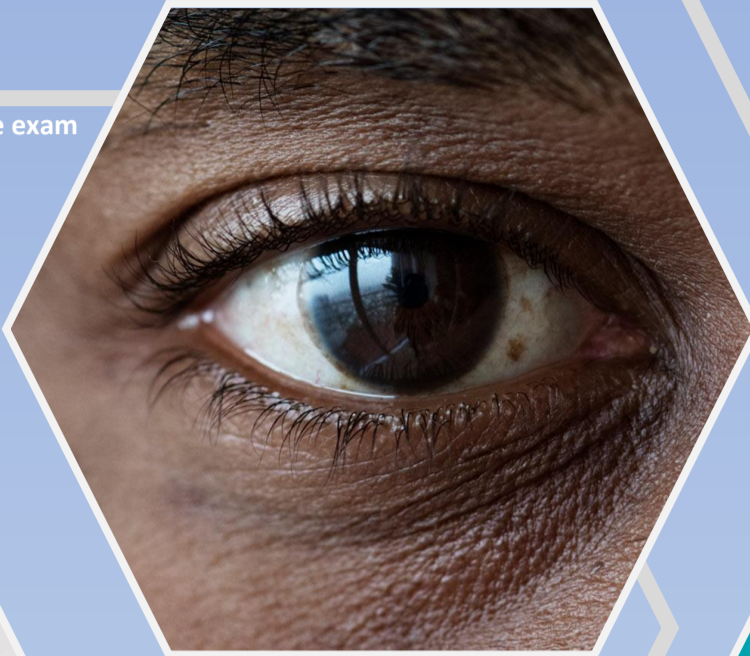


Diabetes

Matenda Ya Sugar | Ubulwele Bwa Sugar

Eye exam



Check sugars if on insulin



Foot exam



Healthy food



Know goals

Physical activity



most days

↓ nshima

Metformin 1gm twice a day



Investigations



First-line medications



Association of
Family physicians
of Zambia

Patient plan



SCAN ME



The University of Zambia
School of Public Health
Family Medicine MMed Program