

Examples of messages for health education in Your Doctor app

1. Ideal weight for diabetics.
2. Ideal blood pressure for diabetics.
3. Ideal blood lipid of diabetics.
4. Early warning signals of diabetic ketoacidosis.
5. How to prevent exercise-related hypoglycaemia? Here are three tips you need to know !
6. Focus on the changeable risk factors for diabetes!
7. Arrange your diet with plate method!
8. Measure your meal with your hand!
9. Spices have secrets, too!
10. How should insulin-treated diabetics exercise properly?
11. "Four steps" to develop your own exercise program!
12. How to protect your feet?
13. Early warning signs of "heart" problems!
14. How should diabetics protect kidneys?
15. What should I do if I have diabetic nephropathy?
16. How can urine tests be used to assess kidney health?
17. How can blood and other tests be used to assess kidney health?
18. What aspects should diabetic nephropathy patients adjust their diet?
19. How to detect diabetic retinopathy?
20. How to treat diabetic retinopathy?
21. How to prevent diabetic retinopathy?
22. How do diabetics protect their eyes correctly?
23. Beware of diabetic neuropathy-----a diabetes complication that is easily overlooked!
24. Do you understand the classification of nerves and the effect of diabetes on nerves?
25. What are the symptoms that suggest a diabetic peripheral neuropathy?
26. These symptoms need to see a doctor as soon as possible!
27. What symptoms indicate problems with the autonomic nervous system?
28. What are the complications of diabetic neuropathy?
29. How to prevent diabetic neuropathy?