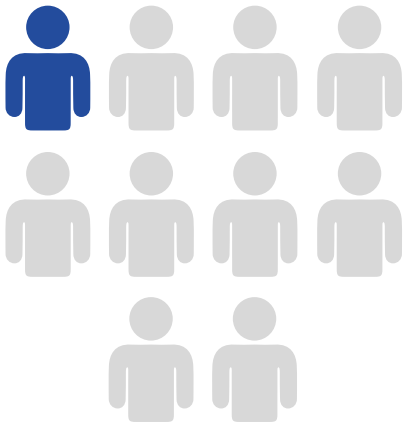


# KI SA DYABET TIP 2 YE?

*Dyabèt tip 2 rive lè kò ou pa fè oswa itilize ensilin byen, sa lakòz wo nivo sik nan san.*

Sentom yo souvan devlope tou Dousman epi yo ka pa two grav. Anpil moun pa gen okenn sentom



APEPRE **1** AN **10**  
GRANMOUN GEN  
DYABET TIP 2



Ogmante swaf  
dlo ak pipi



Ogmante  
grangou



Vizyon  
twoub



Maleng ki  
pa'p geri



Pedi pwa san  
rezon

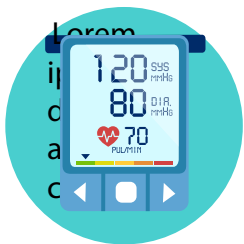


Ogmante  
fatig

**SKE OU  
KONNEN?**

Dyabèt tip 2 pi souvan rive nan laj mwayen ak granmoun aje, men li ka devlope nan nempòt laj.

Diminye risk ou pou dyabet tip 2



Tansyon  
nomal



TaRejim  
ki balanse



Jesyon  
pwa



Vi  
aktif



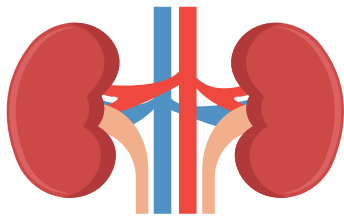
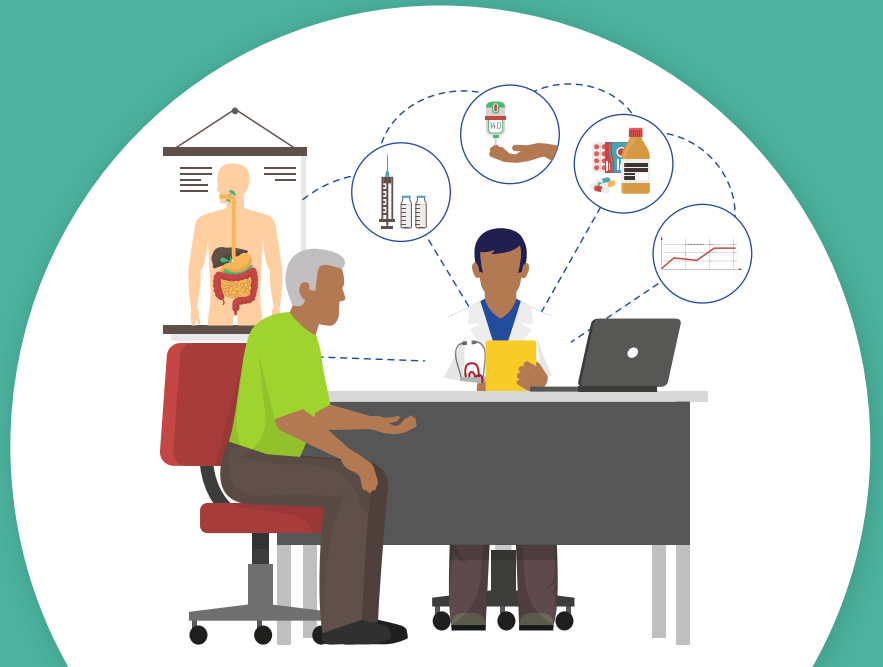
Pa  
fimen

# DYABET AK GRANMOUN AJE

Dyabèt tip 2 rive lè kò ou pa fè oswa itilize ensilin byen, sa lakòz wo nivo sik nan san.

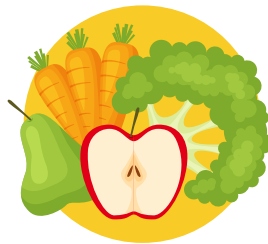


DYABET AFEKTE  
**1** NAN **4** MOUN KI  
GEN PLIS PASKE  
**65** AN.



Granmoun ki pi gran yo gen **pi gwo pousantaj** nan fen etap ki gen rapò ak dyabèt maladi ren. Sa rive lè ren ou yo kòmanse mouri epi yo bezwen dyaliz (retire dechè ak likid ki depase kò a) oswa transplantasyon ren.

Kenbe ren ou an bon sante si ou gen dyabèt pa:



Manje  
Bon



Fe aktif  
fizikman



Kontwole tansyon  
ou



Pa  
fimen



Kontwole sik  
nan san



Pran medikaman jan yo  
preskri