



Week 7: Medicines, Monitoring, and Check-ups

Managing diabetes often involves medicines alongside lifestyle changes. These may include tablets or injections.

Why medicines matter:

- They help lower blood sugar, blood pressure, and cholesterol.
- Some medicines protect your kidneys and heart as well as lowering sugar.

Monitoring and reviews:

- Yearly checks include blood tests, blood pressure, foot check, eye screening, and urine test.
- Home blood sugar testing may be advised for some people.



Did you know?

Never stop medicines without speaking to your doctor or nurse – there may be better options if you're struggling with side effects.