



Keep Moving...
Keep Healthy...

with **Diabetes**



Knowing & Understanding Diabetes better

When it comes to diabetes, knowledge really is power - the power to live life your way with good diabetes control. It all starts here at the new Diabetes Clinic at BHIRC.



No matter how old you are, or at what age you were diagnosed, you're going to have challenges with your diabetes along the way. Maybe you've just been diagnosed and you're facing those first days back at school. Or you've had diabetes for years and are moving out on your own for the first time. Going on your first date with diabetes. Driving. Getting your first job. Diabetes can get in the way of all of these situations. But don't worry. We're here to help.



Diabetes Clinic

Diabetes clinic a new venture at BHIRC has a vision of improving the health of diabetics across the city.

The clinic shall provide the right education, information and guidance, so that Diabetics can better manage their disease and lead a better life.

Our mission is to serve the diabetic community and we shall take every effort to make their life better.



Diabetes Lifestyle Management Programme

Includes the following:

- What is diabetes?
- My life after diabetes?
- What is diabetes Management and sugar control?
- My food being a diabetic?
- How exercise will help me?
- Can I live a normal life?
- Is my family at risk?

& answers to many more questions at Diabetes Lifestyle Management clinic

Are you a diabetic?
NO PROBLEM!

“You Know
Diabetes
is not a Disease
it's a Disorder”.



Diabetes
Lifestyle
Management
Clinic



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