



KNOW YOUR MEDS



KNOW About Importance of Taking Your Meds



Meet Sara! She has diabetes and her doctor started her on a new medication ...

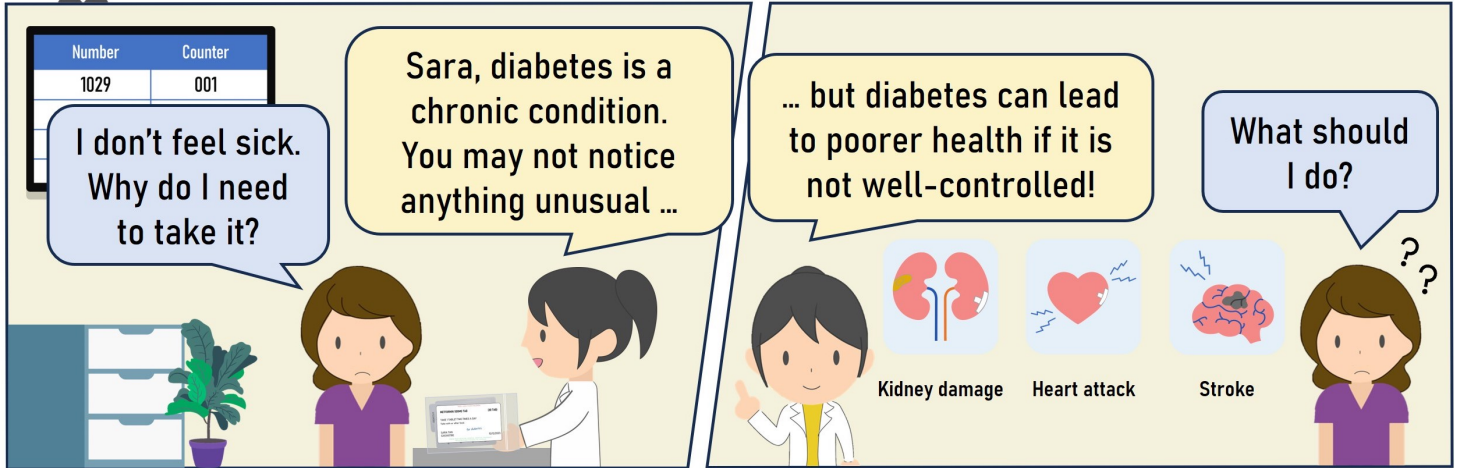
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I don't feel sick. Why do I need to take it?

Sara, diabetes is a chronic condition. You may not notice anything unusual ...

... but diabetes can lead to poorer health if it is not well-controlled!

What should I do?



Kidney damage

Heart attack

Stroke

Manage your chronic conditions by

Here's what you can do to manage your diabetes

Taking your prescribed medication regularly

Maintaining a healthy lifestyle



Exercise regularly

Eat healthily



Keep your chronic conditions in check, so you can keep doing what you love!



Learn basic skills to manage medications

moh.gov.sg/knowyourmeds



A National Pharmacy Strategy initiative
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