



NCD Management Leaflet

Management of NCDs like diabetes and high blood pressure is as simple as ABCDEF! (but demands consistency)

A Always keep your blood sugar level under control. (Control means- Pre-meal 80-130 mg/dl., PP/RBS <180 mg/dl, HbA1C <7%)

B Keep your **B**lood Pressure under control. Control means- **BP** <140/90 mm of Hg),
BP <130/80 mm of Hg (Younger population, if achieved without undue treatment burden)

C Get Screened for **C**ommon **C**ancers and check for sign and symptoms common cancers
Cervical Cancer, Breast Cancer, Mouth Cancer

D Diet must be healthy and balanced with more of fibre through;
1. colourful fresh seasonal vegetables and fruits, Whole pulses like *Moong sabut, Chana, Rajma, lobia* etc and cereals like Wheat, Rice, Maize, *Bajra, Jowar, Ragi* etc.
2. Minimal use of healthy fats and oils like combination of mustard oil and refined vegetable oil like safflower or soyabean or ricebran oil. Restrict fats that are solid at room temperature like *desi ghee, butter, malai*. Avoid vanaspathi.
3. Take no more than 1 tsp. of salt in a day. Say No to 3Ps- *Pickle, Papad, Pakora*
4. Say No to: sweets, *mithais*, desserts, junk foods, preserved food, fried foods, alcohol and tobacco in any form (smoke, chewable etc.)

E Exercise regularly. Do moderate intensity 30-45 minutes of physical activity atleast 5 days a week like brisk walk, jogging, Cycling etc.

F Follow your doctor's advise always. Treatment adherence and regular visits to doctor are key to proper management

