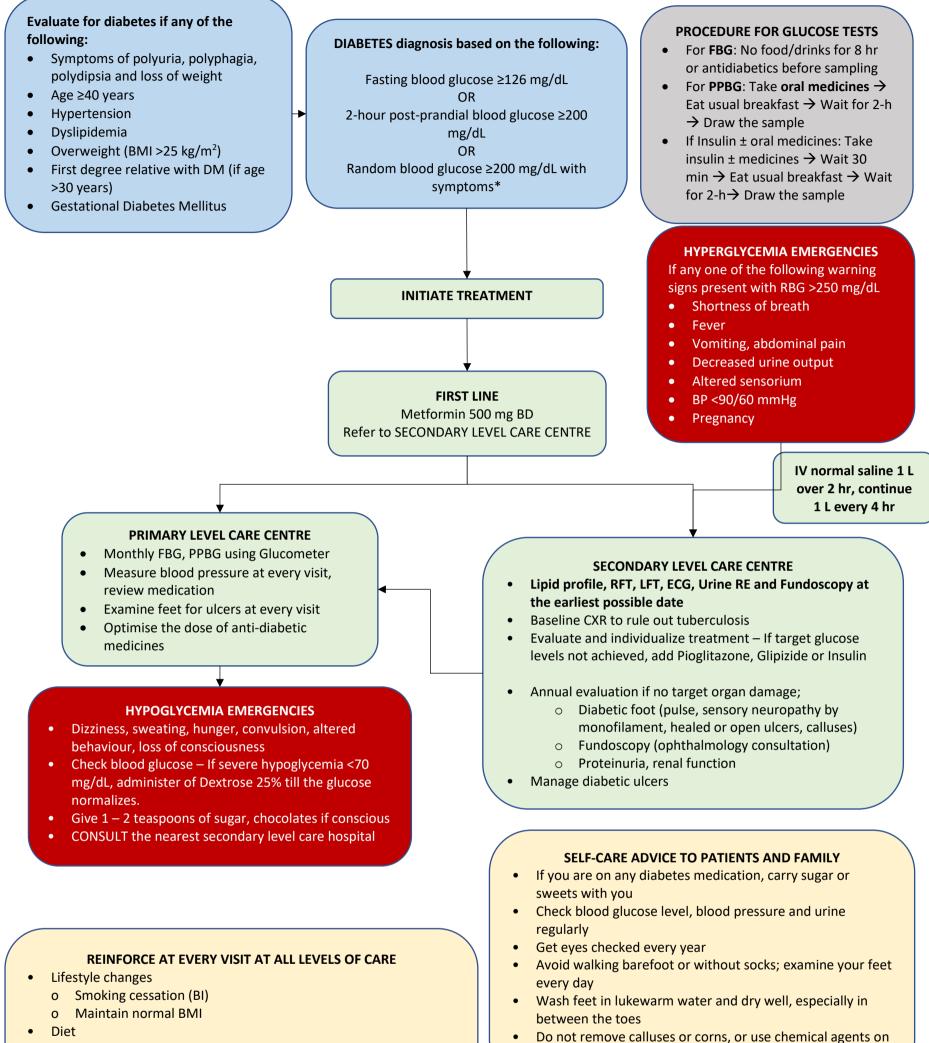
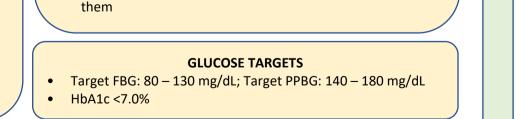
DIABETES MELLITUS MANAGEMENT PROTOCOL, V3.0 (10 May 2023)



- o Eat healthy
- Stop alcohol consumption (BI) 0
- Reduce salt intake including pickles, dry fish, processed food 0
- Avoid foods with added sugar contents 0
- Physical activity
 - Moderate activity 5 days a week, at least 30 min per session



DIAGNOSIS

MANAGEMENT AND FOLLOW UP

*If RBS ≥200 mg/dL with no symptoms, perform FBS and PPBS

BD = twice a day; BI = brief intervention; BMI = body mass index; BP = blood pressure; CXR = chest x-ray; DM = diabetes mellitus; FBG = fasting blood glucose; PPBG = 2-h postprandial blood glucose; RBG = random blood glucose