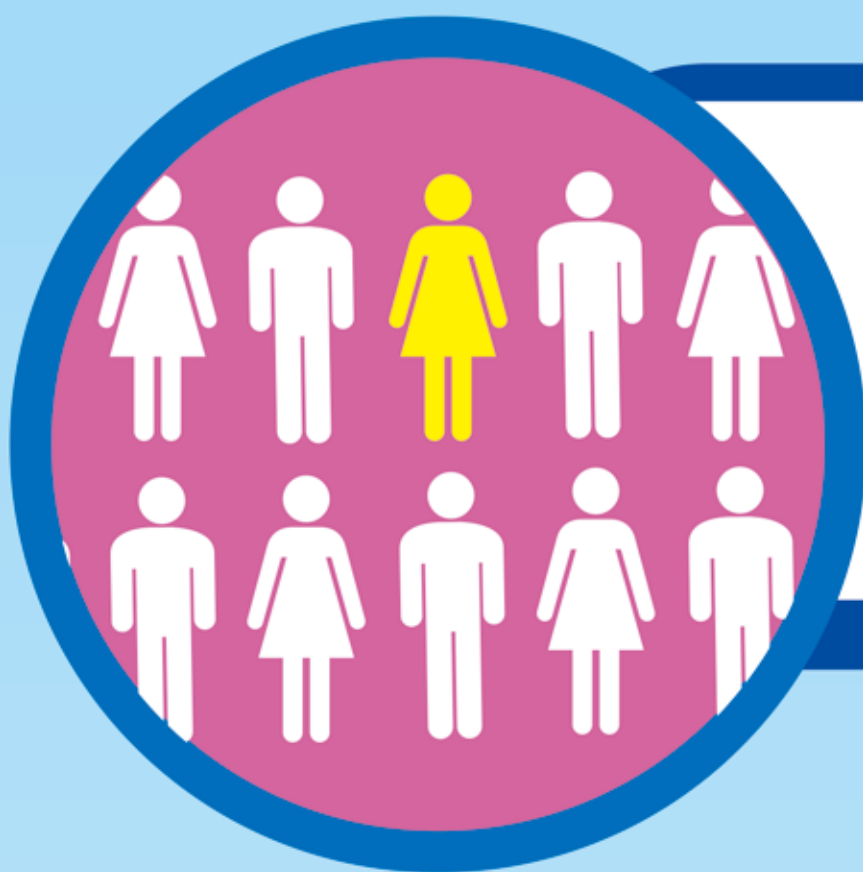


齊來正視糖尿病

LET'S BEAT DIABETES



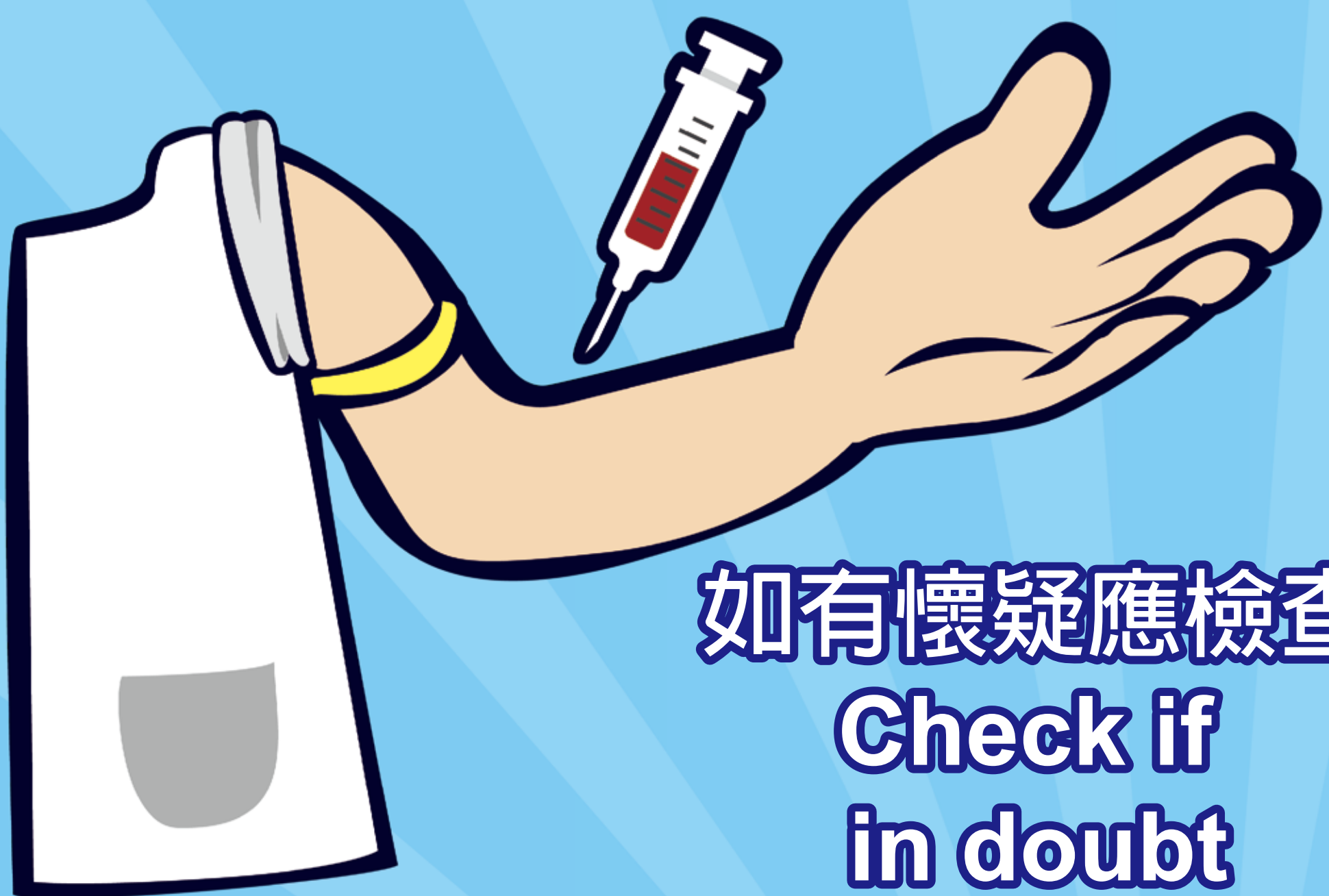
香港約每十個人有一個患上糖尿病

About **1 in 10 people** in Hong Kong has diabetes

食得健康
Eat healthy



多做體能活動
Be physically
active



如有懷疑應檢查
Check if
in doubt

遵從醫生建議
Follow
medical advice



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