Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act.

It is considered as cancer of the soul penetrates it and kills its cells.

1 / Do you find it difficult to sleep, stay asleep, or sleep a lot?

2 / Do you cry a lot all the time?

3 / Do you suffer from poor appetite or overeating?

4 / Do you feel bad about yourself - or have you failed or failed yourself or your family?

5 / Have you become irritable?

6 / Do you have difficulty focusing on things or making decisions?

7 / Are you thinking about suicide or hurting yourself?

8 / Do you feel sad, despair, or sad?

9 / Do you feel tired or have a little energy?

No Depression (from 0 to 10)

Still, if you feel something isn’t quite right only you can get over it and skip it without the doctor's help.

You can change your daily routine, participate in social activities or exercise if you feel you will be in a depressive phase

Little Depressed (from 20 to 30)

You have undoubtedly some depression and sometimes tend to grieve and silence, but do not fear, you are still in the stage of controlling yourself.

We recommend you reach out to a mental health professional

Moderate Depression (from 40 to 60)

You live in a depressive mood and it may develop with you so you should be careful because it may develop more.

It would be prudent to start a conversation with your doctor.

Severe Depression (from 70 to 90)

You are in serious condition and you must go to the doctor at the earliest opportunity.

You should take the drugs your doctor prescribes and follow the lifestyle advised.

Diabetes is a disease that occurs when your blood glucose is too high. As a result, the body is unable to use blood sugar (glucose) properly. There are three main types of diabetes – type 1, type 2, and gestational.

1/ Do you feel urinating often?

2/ Do you always feel abnormally thirsty & hungry?

3/ Do you notice dark areas in the body compared to other areas?

4/ Do you have falling of extreme fatigue?

5/ Do you suffer from blurry vision?

6/ Do you have cuts that are slow to heal?

7/ Do you lose weight even though you are eating more?

8/ Do you have pain or numbness in the hands/feet?

9 / Do you have a permanent feeling of dryness in the throat, tongue, and skin?

Normal (from 0 to 20)

Your blood sugar level is normal.

If you feel you have diabetes, it is best to do early detection to reduce the risk of complications from diabetes.

Prediabetes (from 30 to 60)

Your blood sugar level is moderate.

Therefore, you should check your blood sugar level to maintain it so that it is as close to the normal level as possible to delay or prevent complications.

diabetic (from 40 to 90)

Your blood sugar level is high.

You should see your doctor immediately to discuss how to manage it and do the necessary analyses.

Our advice

* A diabetic is supposed to inform those around him that they have diabetes so that they act in the event of any injury.
* There must be a diabetes measuring device that measures the level of blood sugar with the patient wherever he goes
* Attention to the type of food suitable for a diabetic.
* Reducing sugars, ready meals, and fats.
* Follow a healthy, integrated diet to control your weight.
* Take treatment & exercise regularly.