

DIABETES PREDICTION SYSTEM



Date: 2021-06-15

Patient Details:

Number of times Pregnant: 0
Glucose Tolerance test: 135
Diastolic_blood_pressure: 85
Triceps_skin_fold_thickness: 25
serum_insulin: 155
Body_mass_index: 35
Diabetes_pedigree_function: 1.1
Age: 45
Prediction: Patient suffers from Diabetes
Suggestions: 1.Check your blood sugar level frequently. 2.Make healthy food choices. 3.Exercise daily. 4.Avoid smoking and alcohol consumption 5.Take Medicines on time.

1

EAT HEALTHY



Make healthy food choices



Watch portion sizes



Eat regular meals

4

TAKE MEDICATION



Know your pills and insulins, understand how they work, and take the right doses at the right times

5

PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

2

BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day



Loss 10–20 pounds if you are overweight

6

REDUCE RISK



Quit smoking



Do regular health exams (eye, foot, dental)



See your doctor regularly for check-ups and tests

3

MONITOR



Check your blood sugar levels; know your A1C



Check your blood pressure, cholesterol, eyes, feet and teeth

7

COPE WELL



Get support from your family, friends and diabetes care team



Set realistic goals and work toward them

Thank You!!