



Sweet Enough

KNOW YOUR NUMBERS

· CHECK EARLY

· FEEL WELL, STAY WELL

Know your numbers

South Asian hearts run into trouble **earlier and at a lower body weight** than most. You can feel perfectly well and still be at risk, so a few simple checks matter.



Blood pressure

Ask about < 130 / 80

High blood pressure has no symptoms. A 60-second check tells you where you stand.



Blood sugar (HbA1c)

Diabetes is very common

Type 2 diabetes is often silent for years. A simple blood test finds it early.



Waist size

Men < 90cm · Women < 80cm

For South Asians the healthy waist is smaller. Measure at the belly button.



Cholesterol

Know your levels

A blood test checks your 'good' and 'bad' cholesterol, and it's easy to improve once known.



You can feel completely well and still be at risk

A quick, free check with us, or with your GP, could add years to your life. Ask us today.

A general guide only. Target numbers vary by person, and your GP will advise what's right for you.

sweetenough.org

ALWAYS FREE