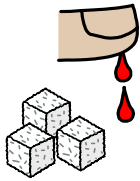|			
ace inhibitors	blood sugar	blood	calories
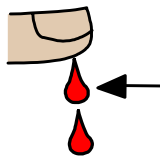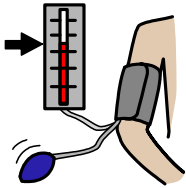
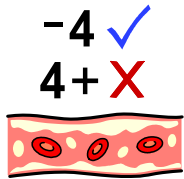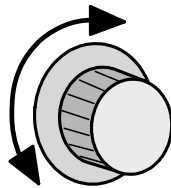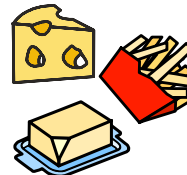|				
check blood pressure	cholesterol	control	control	diabetes
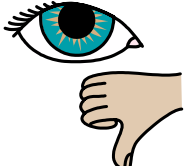
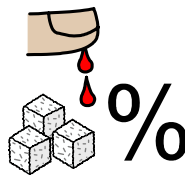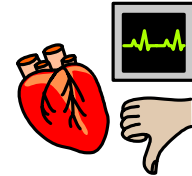|				
examine foot	eye problems	eye test	fat	fibre
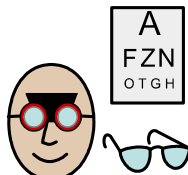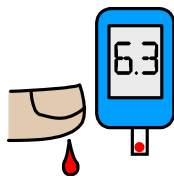
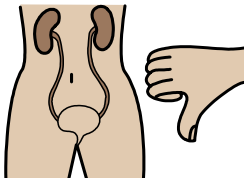|				
foot ulcer	glucose monitoring	HbA1C%	Healthy food	heart attack
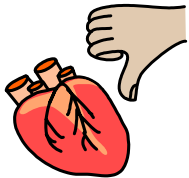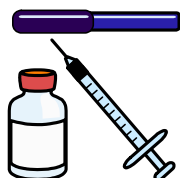
heart problems	insulin	kidney problems	medicines	no salt
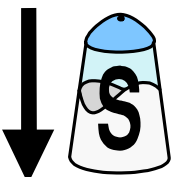
numb foot	reduce salt	risk	saturated fat	sports drink
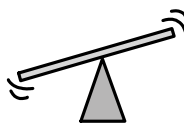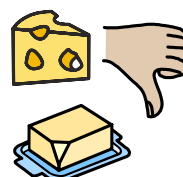
stroke	target	unsaturated fat