

Ways of managing a diabetic and the recommendations

By taking their diabetic medicine as prescribed by the doctor will also help reduce their diabetes

I would as well advice the person to consider going for regular check -ups.

Through controlling their diets as for the foods that help them reduce fats

I would advice the person to control the eating hours as to avoid eating all the time you feel like

By doing a lot of exercises if they are able to would also be good for their health as it helps in making them fit.

Risks they may face

In summary I would like to say that the risks of not doing exercises, not taking medicines, not controlling diets and not controlling eating hours can only lead to health deterioration and then finally loss of life