

Traditional and Complementary Medicine (T&CM)

Examples of T&CM treatments



Traditional Chinese Medicine and acupuncture



Traditional medicines like Ayurveda



Herbal medicines and supplements

What I need to do if I am on T&CM



Continue with Western medicine unless otherwise advised by your doctor



Seek **advice from a T&CM practitioner** before taking herbal medicines or supplements



Continue to **monitor your blood sugar** as advised