

**KERSEN LEAF DECOCTION
TO REDUCE BLOOD SUGAR LEVELS IN PEOPLE
WITH DIABETES MELLITUS USING BOOKLET MEDIA**

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Background : *Diabetes mellitus is a disease characterized by high blood sugar levels in the body, a disease caused by disorders of carbohydrate, fat, protein metabolism, and insulin production in the body. Diabetes mellitus must be handled even though only with non-pharmacological treatment, non-pharmacological treatment is more preferred because it is safer than pharmacological treatment which has many side effects, one of which is non-pharmacological treatment, one of which is by consuming cherry leaf decoction. Cherry leaf is a plant that is often found on the roadside. This plant usually has a size of 3-12 meters, and is scattered throughout Indonesia. This plant has very sweet fruit and is red when ripe and green when not ripe. Kersen leaf decoction is drunk regularly once a day for one glass each.* **Method :** *Kersen leaf decoction to reduce blood sugar levels in people with diabetes mellitus using booklet media.* **Result :** *One of the media that can be used to provide information is a booklet. The use of booklet media itself aims to provide information that is interesting, easy to understand and easy to remember, especially for people with diabetes mellitus.* **Conclusion :** *Booklet media can provide information about how to lower blood sugar levels in people with Diabetes Mellitus.*

Keywords: *Diabetes Mellitus, Booklet, Kersen, Leaf, Decoction.*