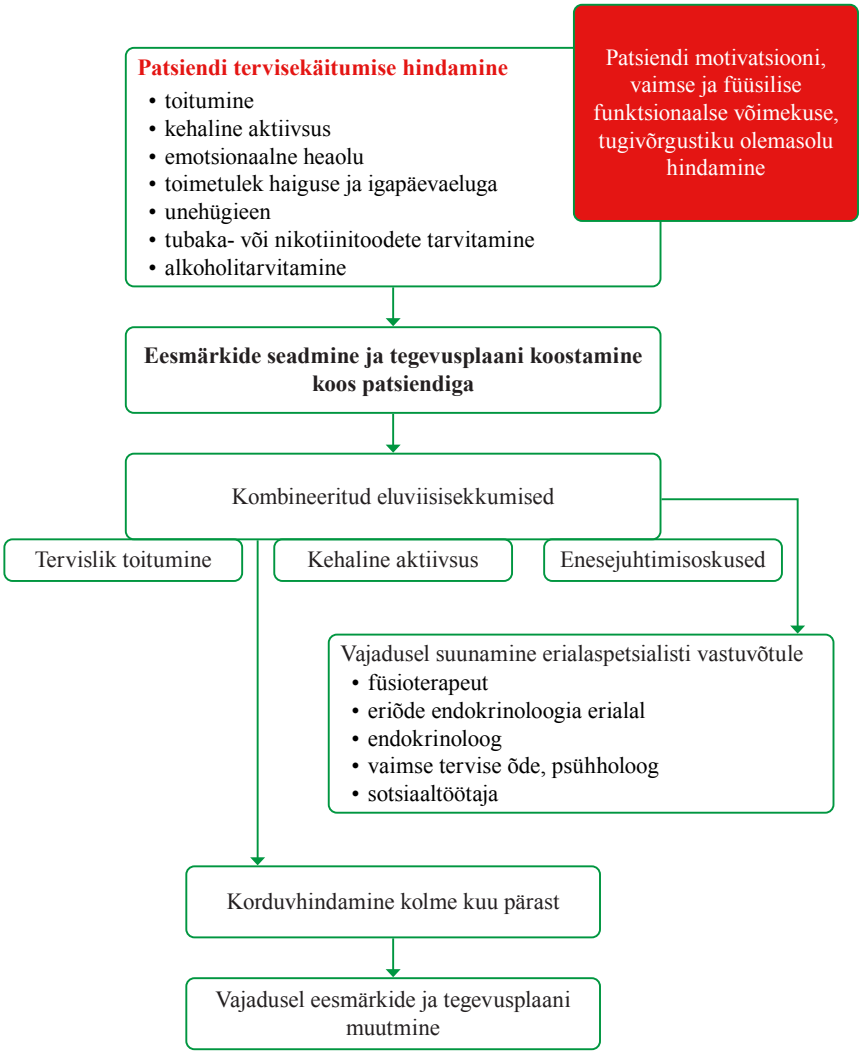Lisa 2. 2. tüüpi diabeedi diagnoosiga patsiendi mittefarmakoloogilise ravi algoritm