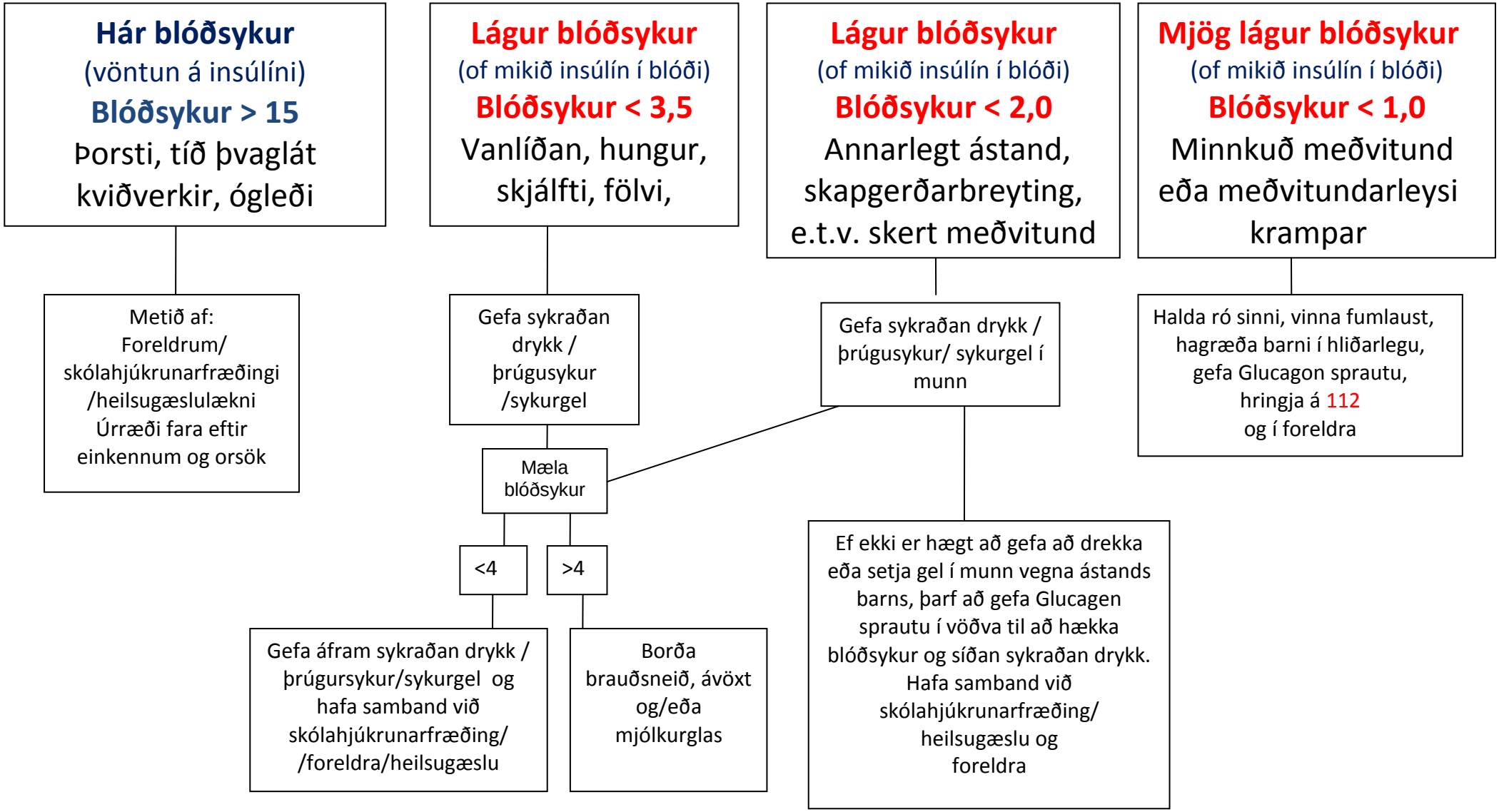Verkferli ef nemandi með sykursýki hefur eftirtalin einkenni :