

What Can **YOU** Do to **PREVENT** the Complications of Diabetes?

➤ What are the Complications?

Build up of plaque on ARTERY WALLS causing blockages

Heart Attack → Death
Circulation problems in your legs → Amputation
Stroke → Paralysis → Death

Damage to the BLOOD VESSELS in the EYES

Retinopathy → Blindness

NERVE DAMAGE

Decreased sensation throughout the body which could lead to:

Stomach problems
Bladder problems
Heart problems
Sexual dysfunction

Poor KIDNEY filtration

Kidney Disease → Dialysis

Poor function of the IMMUNE SYSTEM

Inability to fight infections

TOOTH DECAY

Gum Disease → Loss of teeth

➤ What can you do?

✓ **To prevent build up of plaque on ARTERY WALLS**

Maintain an LDL cholesterol less than 100mg/dL

- eat a diet low in saturated fats, exercise and take medications if needed
- check cholesterol levels at least once a year

Maintain blood pressure less than 130/80

- decrease sodium intake, exercise, take medications as prescribed

Don't smoke

✓ **To prevent damage to BLOOD VESSELS in the EYES**

Maintain blood pressure less than 130/80

- decrease sodium intake, exercise, take medications as prescribed

Get dilated eye exam once a year

✓ **To prevent SKIN BREAKDOWN**

Check feet daily, including between toes

- dry between toes after showering

Have a foot exam at least once a year

✓ **To prevent KIDNEY damage**

Have urine microalbumin checked once a year

✓ **To prevent TOOTH DECAY**

Practice good oral hygiene: brush, floss, and mouthwash daily

Visit your dentist every 6 months

ALWAYS

- ✓ Check blood sugars, count carbohydrates, exercise, and take medications as prescribed
- ✓ Keep A1C less than 7% by keeping blood sugars in range 24 hours a day
- ✓ Check A1C at least every 6 months