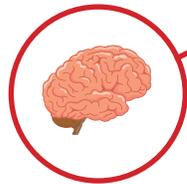


# Major Complications of Diabetes

Diabetes can affect many parts of the body.

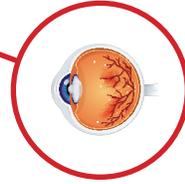
## Brain

Lack of blood flow may cause a stroke, and lead to problems with learning and remembering.



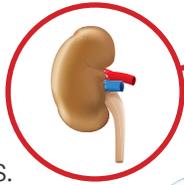
## Eye

May cause loss of vision, cataracts and glaucoma.



## Kidney

May damage small blood vessels and overwork the kidneys. Can also cause kidney failure and eventually lead to dialysis.



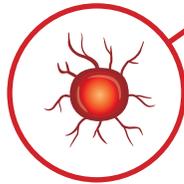
## Heart

High blood pressure can increase the risk of heart disease.



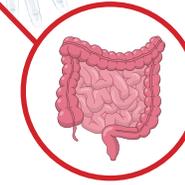
## Nerve Damage

May cause nerve damage creating pain and/or numbness.



## Intestinal Tract

May cause abdominal pain, nausea, or vomiting due to nerve damage to the intestines or stomach.



## The more you know...

about how diabetes affects your body, the better you will understand, manage your condition and live well with diabetes. To learn more, speak to your doctor or healthcare professional.



## Legs and Feet

May reduce blood flow in the legs. Foot wounds and injuries can heal slowly.



Please reference your health plan ID for your medical group.

# Ways to Prevent Problems from Diabetes

## Heart Disease and Stroke

Diabetes can damage blood vessels and lead to heart disease and stroke. You can do a lot to prevent heart disease and stroke by managing your blood glucose level, blood pressure, cholesterol levels, and by not smoking.

## Low Blood Sugar (Hypoglycemia)

Hypoglycemia may occur when your blood sugar drops too low. Some diabetes medicines can cause low blood sugar. You can prevent this by following your meal plan and balancing your physical activity, food, and medicines. Testing your blood sugar regularly can also help.

## Nerve Damage (Diabetic Neuropathy)

Managing your diabetes can help prevent nerve damage that may affect your limbs and organs such as your heart and eyes.

## Kidney Disease

Diabetes can cause kidney disease. You can help protect your kidneys by managing your diabetes and keeping your blood pressure at a healthy level.

## Foot Problems

Diabetes can damage your nerves and cause poor blood flow leading to serious foot problems. Common foot problems, such as a callus, can lead to pain or an infection that makes it hard to walk. Get a foot checkup at each visit with your healthcare team.

## Eye Disease

Diabetes can damage your eyes and lead to poor vision and blindness. The best way to prevent eye disease is to manage your blood sugar level, blood pressure, cholesterol levels, and not smoke. Also, have a dilated eye exam at least once a year.

## Gum Disease and Other Dental Problems

Diabetes can lead to problems in your mouth, such as infection, gum disease, or dry mouth. To help keep your mouth healthy, make sure to manage your blood sugar level, brush your teeth twice a day, see your dentist at least twice a year, and do not smoke.

## Sexual and Urologic Problems

Having diabetes can cause problems with your bladder and affect sexual function. It is important to follow your diabetes management plan so that you can avoid these serious problems.

## Talk to your doctor if you experience any of these conditions.

*Source: National Institute of Health (NIH), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), [www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems](http://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems)*

**Our Diabetes Empowerment Education Program (DEEP™) provides practical skills and lifestyle tips to help prevent and live well with diabetes. For more information about DEEP™, visit us online at [HealthyWayEvents.com](http://HealthyWayEvents.com) or call (888) 227-3463.**



According to our Annual Customer Satisfaction Survey, 93% of our members agree that they feel listened to and respected by their doctor. 18RLAHEDC894