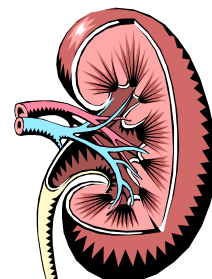




Long-Term Complications of Diabetes

HIGH blood glucose (sugar) levels (hyperglycemia) can cause serious health problems if left untreated.

Diabetes is the leading cause of heart disease, blindness, amputations, and kidney failure. High blood glucose levels damage all the blood vessels in your body.



Complications of Diabetes:

- Heart disease
- Kidney disease (nephropathy)
- Eye disease (retinopathy)
- Impotence/Sexual dysfunction
- Stroke
- Infections
- Vascular disease (affects blood vessels)
- Nerve problems (neuropathy)
- Amputation (loss of limbs)
- Digestive problems (gastroparesis)
- Dental problems



The Good News.....

The complications of diabetes are preventable. Keeping your blood glucose levels, blood pressure, and cholesterol levels in the goal range will help decrease your risk of getting the complications of diabetes.

Knowing Your ABC's Can Help

A is for the **A1C (A-one-C) test**

This value relates to your average blood glucose level over the past three months. The A1C goal for most people is below 7%.

B is for **Blood pressure**.

The goal for most people is 130/80.

C is for **Cholesterol. (ko-LES-ter-ol)**

- The goal for LDL cholesterol (the bad cholesterol) is **LESS** than 100 mg/dl for most people. This is the cholesterol that can increase the risk for heart disease.
- The goal for your HDL cholesterol (the healthy cholesterol) is **MORE** than 45 mg/dl for most people.

Talk to your health care team about how to manage your **A1C**, **Blood pressure**, and **Cholesterol**. This will help lower your chances of having diabetes problems.

Additional Ways to Prevent Complications of Diabetes

- Take your diabetes medicine as directed
- Exercise regularly
- Learn about diabetes
- Check your blood glucose levels regularly
- Go to the dentist every 6 months
- Have regular visits with your diabetes educator and health care provider
- Quit smoking
- Choose healthy foods and beverages
- Reduce the stress in your life
- Check your feet daily
- Get your eyes checked yearly

