

Diabetes Can Affect the Entire Body

Heart: Watch for chest pain and/or shortness of breath

To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Eat less fat.
- Reduce salt intake.
- Be more active.
- Maintain a healthy weight.
- Take medications as prescribed.

Feet: Watch for pain, numbness or wounds

To reduce risk:

- Control your blood sugar.
- Stop smoking.
- Check your feet every day for redness, blisters or injuries.
- Exercise as directed.
- Have a doctor or nurse check your feet at every doctor visit.

Kidneys: There may be no signs or symptoms

To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Get a urine microalbumin test once a year.
- Have regular check-ups with your doctor.

Eyes: Watch for changes in vision

To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Have a dilated eye exam every year.

Teeth and Gums

To reduce risk:

- Control your blood sugar.
- Stop smoking.
- Visit the dentist at least twice a year.
- Brush twice daily and floss daily.
- Use soft toothbrush.
- Denture-wearers: clean and rinse dentures daily.

Sexual Health

Women:

- High blood sugar levels may lead to yeast infections.
- If you are thinking of becoming pregnant, you will want to have a diabetes checkup first.
- High blood sugar levels when you become pregnant can be very harmful for the baby.

Men:

- High blood sugar levels can contribute to erectile dysfunction (ED). If you are experiencing ED, talk to your doctor.

Depression

Depression and diabetes is common. If you are experiencing any of the following symptoms, please talk to your doctor.

- Tiredness, problems sleeping, restlessness.
- Headaches, pain, confusion, poor memory.
- Loss of interest, hopelessness, isolation, guilt, anger.