



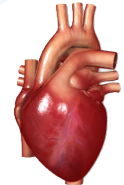
What are Diabetes Complications?

Diabetes complications are health problems that can occur when blood glucose remains high over a long period of time.



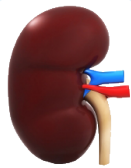
Eye disease
(diabetic retinopathy): decreased vision and in some cases, blindness

Mouth problems, such as gum disease or problems with teeth



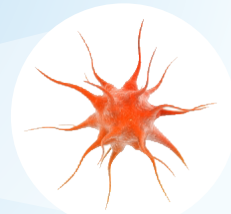
Heart and blood vessel diseases
(cardiovascular diseases), such as heart attack, stroke, and *peripheral artery disease* (poor blood flow in the feet and legs)

Kidney disease
(diabetic nephropathy): the kidneys may not work as well or may stop working



Two out of three people with diabetes die from heart disease or stroke

Foot problems, such as infections and sores, and in some cases, amputation



Nerve damage *(diabetic neuropathy)*: numbness, tingling, or pain in the arms, hands, legs, and feet

Following your diabetes management plan and taking an active role in your treatment are two important ways that you can help to prevent or delay diabetes complications.

Talk with your healthcare provider for more information.



**FOR MORE INFORMATION:
TALK WITH YOUR HEALTHCARE PROVIDER**

REFERENCES: ADA. Heart disease. Available at: <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/>. ADA. Kidney disease (nephropathy). Available at: <http://www.diabetes.org/living-with-diabetes/complications/kidney-disease-nephropathy.html>. National Diabetes Information Clearinghouse. Prevent diabetes problems: keep your diabetes under control. Available at: http://diabetes.niddk.nih.gov/dm/pubs/complications_control/. May 2014