

# Why Controlling Diabetes Is Important for Your Body



## Eyes

- Diabetes- may cause damage to the eyes, see your doctor yearly.



## Mouth

- Diabetes- can cause bad breath, gum disease, tooth loss, and bleeding gums.



## Nerve Damage

- Diabetes - can cause loss of feeling in the feet, hands, and legs. It can cause digestion problems, bladder problems, heart problems.



## Heart

- Diabetes- can lead to heart attack or stroke. Control cholesterol, blood sugar levels, weight, and blood pressure; do not SMOKE!



## Kidneys

- Kidney Disease- can cause tiredness, weakness, trouble sleeping, swelling, vomiting, or no symptoms. A sign of kidney damage is protein in the urine. See your doctor.
- Eat the right foods/control blood sugar.



## Feet

- Daily- Check feet for cuts/cracks, hard to heal wounds if Diabetes. Always wear shoes.

