

Controlling Diabetes

Why is it important?



Eyes

- Diabetes may cause damage to the eyes.
- It is important to see an eye doctor or health care provider yearly.



Mouth

- Diabetes can cause bad breath, gum disease, tooth loss, and swollen gums that bleed.



Nerve Damage

- Diabetic neuropathy is the nerve damage that diabetics can develop. It can cause loss of feeling or numbness in the feet, hands, and legs. It can also cause digestion problems, bladder problems, heart problems and impotence.
- Controlling blood sugar levels is the best way to prevent these problems.



Heart

- Diabetes can cause heart problems.
- Diabetes can lead to heart attack or stroke. It is important to control cholesterol, blood sugar levels, weight, and blood pressure. It is also important not to smoke.



Kidneys

- Kidney disease can have the symptoms that include tiredness, weakness, trouble sleeping, swelling, vomiting, or there can be no symptoms at all. A sign of kidney damage is protein in the urine. This has to be tested by the doctor.
- To help prevent kidney disease it is important to eat the right foods and control blood sugar levels.



Feet

- Be sure to check your feet everyday for cuts and cracks. If there is nerve damage, it can be hard to feel the wounds. It also can be hard for the cuts to heal. It is important to wear shoes at all times.