

REDUCE THE RISK OF COMPLICATIONS FROM DIABETES

Over time, high blood glucose levels can lead to health problems or complications. Keeping your blood sugar levels, A1C, blood pressure and cholesterol levels within target ranges can help reduce the risk of serious health complications in the future.

LONG-TERM COMPLICATIONS

Eye Damage

Eye damage commonly results from uncontrolled diabetes. This includes damaged blood vessels (retinopathy), pressure in the eye (glaucoma) and blurred vision from clouding of the eye's lens (a cataract). Over time, eye problems can lead to vision loss.

Nerve and Circulation Issues

Nerve and circulation issues cause decreased blood flow resulting in pain or loss of feeling in your legs, feet and other parts of the body (diabetic neuropathy). Serious foot infections resulting from nerve damage can lead to loss of toes, feet or lower limbs.

Kidney Disease

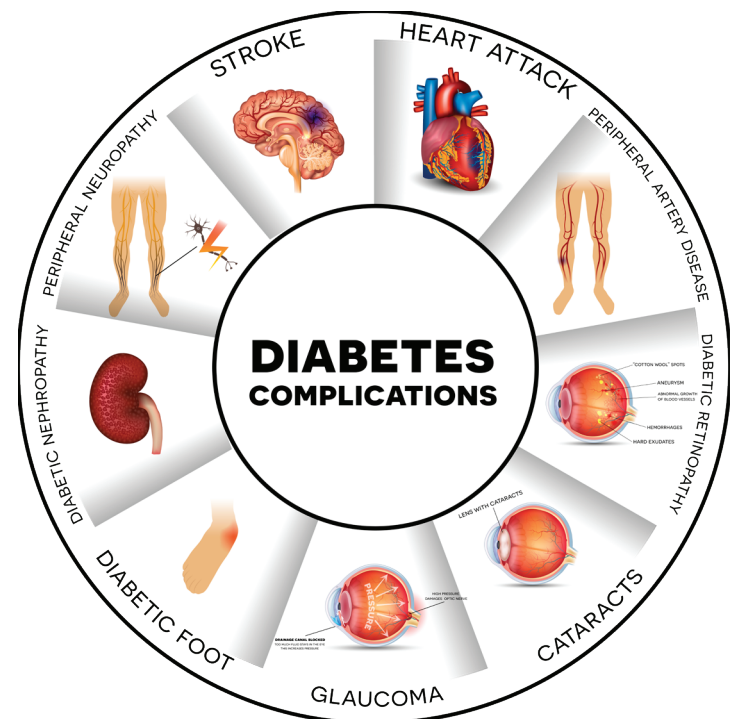
Kidney disease (nephropathy) may result in kidney failure requiring dialysis or a transplant.

High Blood Pressure

High blood pressure (hypertension) causes strain on your heart and blood vessels, and can lead to a heart attack, stroke, and/or kidney damage.

Tooth and Gum Problems

Tooth and gum problems may result in the loss of teeth and bone (periodontal disease).



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