

Diabetes is very prevalent in the United States. People can live a long life with diabetes if the condition is properly managed. If diabetes is treated, risk of complications reduces significantly.

If you have Diabetes or think you might have Diabetes, it is important to see your doctor regularly. For more information go to www.Diabetes.org.

The following are some of the complications of diabetes:

Heart Disease and Stroke

- Account for 65% of deaths in people with diabetes.
- Adults with diabetes have heart disease death rates 2 to 4 times higher than adults without diabetes. This is also true for strokes.



High Blood Pressure

- 73% of adults with diabetes have a blood pressure greater than or equal to 130/80 or use medications to help lower blood pressure.

Blindness

- Diabetes is the leading cause of blindness among adults aged 20-74 years of age.



Kidney Disease

- Diabetes is the leading cause of kidney failure.

Nervous System Disease

- 60 to 70% of diabetics suffer from some form of nerve damage such as impaired sensation or pain in the feet or hands



Amputations

- More than 60% of non-traumatic lower limb amputations occur in people with diabetes.

Dental Disease

- Periodontal gum disease is more common in people with diabetes. Almost one-third of people with diabetes have this gum disease.



Complications of pregnancy

- If diabetes is not controlled or controlled poorly during the first trimester it can cause major birth defects.

Here are four steps to help prevent diabetes complications.



- Monitor and keep your blood glucose under control.
- Monitor and keep your blood pressure under control.
- Monitor and keep your blood lipids under control.
- Practice preventive care for eyes, kidneys, and feet.

Don't forget these other great resources:

Your Nurse Line Chat, Audio Health Information Library^o, and www.spectrumhs.com for links to reliable health information.