

# Diabetes Can Affect the Entire Body

## Heart: Watch for chest pain and/or shortness of breath

### To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Eat less fat.
- Reduce salt intake.
- Be more active.
- Maintain a healthy weight.
- Take medications as prescribed.

## Feet: Watch for pain, numbness or wounds

### To reduce risk:

- Control your blood sugar.
- Stop smoking.
- Check your feet every day for redness, blisters or injuries.
- Exercise as directed.
- Have a doctor or nurse check your feet at every doctor visit.

## Kidneys: There may be no signs or symptoms

### To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Get a urine microalbumin test once a year.
- Have regular check-ups with your doctor.

## Eyes: Watch for changes in vision

### To reduce risk:

- Control your blood sugar.
- Control your blood pressure.
- Stop smoking.
- Have a dilated eye exam every year.

## Teeth and Gums

### To reduce risk:

- Control your blood sugar.
- Stop smoking.
- Visit the dentist at least twice a year.
- Brush twice daily and floss daily.
- Use soft toothbrush.
- Denture-wearers: clean and rinse dentures daily.

## Sexual Health

### **Women:**

- High blood sugar levels may lead to yeast infections.
- If you are thinking of becoming pregnant, you will want to have a diabetes checkup first.
- High blood sugar levels when you become pregnant can be very harmful for the baby.

### **Men:**

- High blood sugar levels can contribute to erectile dysfunction (ED). If you are experiencing ED, talk to your doctor.

## Depression

Depression and diabetes is common. If you are experiencing any of the following symptoms, please talk to your doctor.

- Tiredness, problems sleeping, restlessness.
- Headaches, pain, confusion, poor memory.
- Loss of interest, hopelessness, isolation, guilt, anger.