

HOW DIABETES CAN AFFECT YOUR BODY

Having high blood sugar from diabetes over time can cause serious health complications.



HEART

Damaging blood vessels and causing high blood pressure, a heart attack, or heart failure

EYES

Damaging the small blood vessels at the back of the eyes, leading to vision loss

FEET

Reducing blood flow and damaging nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation

EARS

Affecting how nerve signals travel from the inner ear to the brain, causing hearing loss

NERVES

Causing numbness or pain that makes it hard to do daily activities

MOUTH

Increasing harmful bacteria and causing cavities and gum disease



BLOOD VESSELS

Damaging blood vessel walls and decreasing blood flow

STOMACH

Damaging the nerves in the stomach and slowing or stopping digestion

BRAIN

Damaging blood vessels in the brain and causing a stroke or memory loss

SEXUAL HEALTH

Damaging nerves and reducing blood supply, causing erectile dysfunction and vaginal dryness

SKIN

Causing skin infections or changes such as dark patches on the skin

THE GOOD NEWS?

Keeping your blood sugar levels in your target range can help prevent or delay all these conditions.

KIDNEYS

Reducing how well kidneys filter waste, leading to chronic kidney disease

LEARN MORE: cdc.gov/diabetes/managing/problems.html

