EFFECTS OF UNCONTROLLED DIABETES ON YOUR BODY



EYES

Retinopathy, cataracts and glaucoma, which can all result in vision loss



TEETH

Gum disease



Fatty liver, cirrhosis and liver failure



PANCREAS

Damage to pancreas



MUSCLES

Nerve damage can cause pain or numbness in legs, hands and feet



LEGS & FEET

Poor circulation and nerve damage causes lesions and infections, which could lead to amputation



BRAIN

Stroke, dementia and depression



EARS

Hearing loss due to damaged blood vessels in the ear



HEART

Heart attack, angina, narrowed or blocked blood vessels and sudden death



KIDNEYS

Kidney disease, which could lead to dialysis, kidney failure or death



NERVES

Nerve damage, which can cause pain and numbness in hands and feet



SKIN

Dry skin, infections and lesions due to poor circulation and weakened immune system



PREVENT THESE EFFECTS BY **CONTROLLING YOUR BLOOD SUGAR.**

Diabetes education can teach you practical ways to control your blood sugar with improved nutrition, added physical activity and better glucose monitoring.