

Chronic Complications of Diabetes

It is important that you know about health problems that can occur when you have had diabetes for a number of years. The chronic complications of diabetes result from changes in blood vessels and nerves which feed and control every part of the body. An important 10 year study showed that good control of blood sugars reduced complications by 60-76% in those with Type 1 diabetes. Good control reduces complications in Type 2 diabetes as well.

This information will help you learn what you can do to prevent or delay the onset of complications.

Eyes <ul style="list-style-type: none">• If you have Type 2 diabetes, see your eye doctor at least every year.• If you have Type 1 diabetes, see your eye doctor at least every other year. After 5 years of diabetes, see him yearly.• Keep your blood pressure under control.• Notify your doctor immediately of any sudden change in your vision!	Kidneys <ul style="list-style-type: none">• Have your urine tested every year for protein.• Keep your blood pressure under control.• Limit your protein to what your meal plan allows.
Heart <ul style="list-style-type: none">• Weight Control• Limit cholesterol and saturated fat in you meal plan• Avoid smoking• Restrict the use of salt• Limit alcohol• Exercise regularly, as tolerated• Control your blood pressure	Feet <ul style="list-style-type: none">• Exercise regularly• See a podiatrist if you have any difficulty doing your own foot care.• Notify your doctor if you have any pain, numbness, injury, cut or any wound that will not heal.

REMEMBER *The key to prevention is **good blood sugar control** through:

- **Careful meal planning**
- **Blood glucose monitoring**
- **Regular exercise**
- **Taking medication as prescribed**

