

Diabetic Complications

What you can do to try and prevent them

Heart problems

(including heart attack)

Stroke

Eye problems

Cataract

Retinopathy *(back of the eye affected, which can lead to blindness)*

Foot problems

Loss in sensation

Ulcers

Joint problems

Kidney Problems

Kidneys not working properly
(can cause Kidney failure)

Less amount of urine

Swelling of ankle/legs

High Blood Pressure

Nerve problems

Loss of pain sensation

Impotence in males

Numbness in hands & legs

- Healthy diet
- Regular physical exercise and lose weight if you are overweight
- Stop smoking
- Keep glucose level under control (4-6 before meal)
- Keep blood pressure below 130 / 80
- Control blood fats (cholesterol)
- Get the back of your eyes (retina) checked by photographs every year.
- Get your feet checked by a podiatrist (foot specialist) annually.
- Take regular medications as advised by your doctor
- Keep your diabetic clinic appointments and remember help is always there

For more detailed information:-

Contact your GP or Practice Nurse

Contact Diabetes Centre Oldham (01616278268)

www.diabetes.org.uk

Local library