

## HEALTH EDUCATION LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

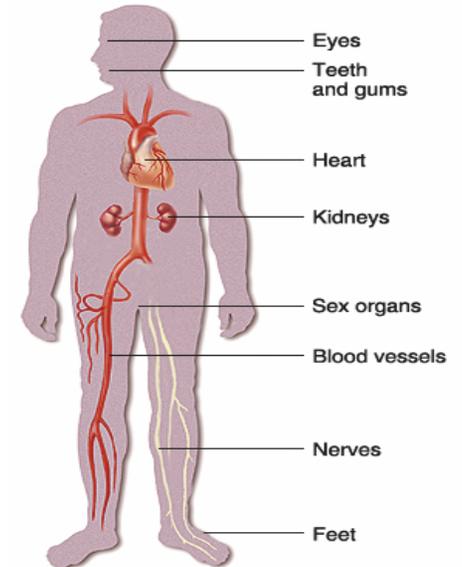
### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

HEALTH EDUCATION LIBRARY FOR PEOPLE

## Diabetes Complications

Complications may affect your:



For more information on this subject:  
Ask the Librarian : Free Answers to any  
Health Questions !!

<http://www.healthlibrary.com/information.htm>

**For More Info: ASK A LIBRARIAN**



### Health Education Library For People

206,Dr.D.N.Road,  
National Insurance Bldg.,  
Ground Floor,  
Near New Excelsior Cinema,  
Mumbai – 400 001.  
Tel:22061101,22031133, 65952393,65952394  
Email: [helplibrary@gmail.com](mailto:helplibrary@gmail.com)  
[www.healthlibrary.com](http://www.healthlibrary.com)

**LET'S HELP  
ERADICATE  
IGNORANCE**



## Diabetes complications:

Diabetes is a chronic (lifelong) disease marked by high levels of sugar in the blood. Those with diabetes are at high risk for a number of complications.

## Causes:

Insulin is a hormone made by the pancreas, an organ located behind the stomach. Insulin is needed to move glucose (blood sugar) into cells, where it is stored and later used for energy. Diabetes is caused by a problem in the way your body makes or uses insulin. There are several types of diabetes. This article discusses the possible complications related to diabetes.

## Exams and Tests:

If you have diabetes, you should see your health care provider every 3 months. At these visits you can expect the health care provider to:

Check your blood pressure

Check the sensation (feeling) on your feet

Check the skin and bones of your feet and legs

Examine the back part of your eyes with a lighted instrument called an ophthalmoscope

## Possible Complications:

After many years, diabetes can lead to serious problems throughout your body including your eyes, kidneys, and nerves.

## Eye Problems:

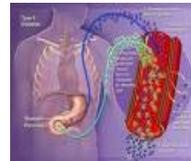
Diabetes can also damage blood vessels in the eyes, causing vision problems or blindness. Conditions may include: Cataracts, Diabetic retinopathy, Glaucoma, Macular edema

## Foot And Skin Problems:



People with diabetes are more likely to have foot problems because of nerve and blood vessel damage. Small sores or breaks in the skin may turn into deep skin ulcers if not treated properly. If these skin ulcers do not improve, or become larger or go deeper, amputation of the affected limb may be needed.

## Heart And Blood Vessels:



If you have diabetes, your risk of a heart attack is the same as someone who has already had a heart attack. Both women and men with diabetes are at risk. You may not even have the typical signs of a heart attack. Other problem with the heart and blood vessels include: Damage to blood vessels that supply the legs and feet (peripheral vascular disease), High blood pressure (hypertension), High cholesterol, Stroke.

## Nerve Problems:

Diabetes can damage nerves, which means you may not feel an injury until a

large sore or infection develops. Nerve damage causes pain and numbness in the feet, as well as a number of other problems with the stomach and intestines, heart, and other organs.

## Other Complications:

Infections of the female genital tract, the skin, or the urinary tract

Kidney disease and kidney failure (diabetic nephropathy)

Problems attaining or maintaining an erection (impotence)

## When to Contact a Medical Professional:

**Call your health care provider if you have:**

Numbness, tingling, or pain in your feet or legs

Problems with your eyesight

Sores or infections on your feet

Symptoms of high blood sugar (being very thirsty, having blurry vision, having dry skin, feeling weak or tired, needing to urinate a lot)

Symptoms of low blood sugar (weakness or tiredness, trembling, sweating, feeling irritable, unclear thinking, fast heartbeat, double or blurry vision, feeling uneasy)

