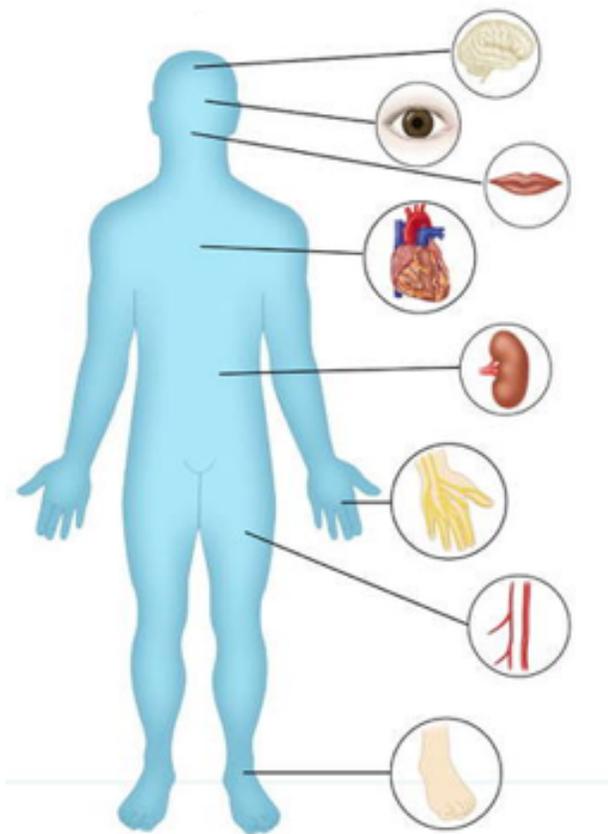


# DIABETES AND ITS EFFECTS

Diabetes is a lifelong condition associated with serious complications which affect many areas of the body due to high blood glucose (sugar) levels in the body.

## Diabetes can affect various parts of your body



### Brain

Diabetes increases risk for strokes caused by blood clots. A stroke may also be caused by a bleeding blood vessel in the brain, called an aneurysm.

### Eyes

Diabetic retinopathy is the leading cause of blindness due to high blood glucose levels that lead to abnormal development of tiny blood vessels in the eye.

### Mouth

Periodontal disease is the sixth leading complication of diabetes. Those with diabetes are 3 to 4 times more likely to develop periodontal disease and gum infection.

### Heart/Vascular

Diabetes increases your risk for cardiovascular disease, heart attacks, heart failure, and diabetic cardiomyopathy. High glucose levels can contribute to the formation of fatty deposits in blood vessels. Over time, this will restrict blood flow and increase the risk of hardening of the blood vessels.

### Kidneys

Diabetes is the leading cause of kidney failure in adults in the U.S., accounting for almost half of new cases.

### Nerves

Nerve damage is common with diabetes. Peripheral neuropathy can affect your perception of pain, heat, and cold, making you more susceptible to injury.

### Skin

Lack of moisture due to diabetes can cause the skin on your feet to dry and crack.

Those with diabetes have a higher incidence of bacterial infections including staph. Also more prone to boils, folliculitis or infection of hair follicles, styes, and infected nails.

### Feet

Lack of blood flow effects your hands and feet. Hands and feet may have decreased sensation to heat and cold. This increases your likelihood of developing infections or ulcers on your feet. Nerve damage further increases your chance of amputation.

Calluses must be taken care of or they can become infected or develop ulcers. An ulcer can increase your risk of losing your foot.

**Want to schedule an appointment?**

Log in at [patients.careatc.com](https://patients.careatc.com) or call **800.993.8244**

Or use the CareATC mobile app! Search 'CareATC' in your Android or Apple app store. Download and log in using your patient portal username and password! Need help? Call 800.993.8244.

**wellness**  
EMPLOYEE WELLNESS PROGRAM  
City of Edmond

**CareATC**