

The Effects of Uncontrolled Diabetes on Your Body

Risk of Stroke

Risk of stroke for someone with diabetes is four times higher than someone without diabetes.

Extreme Thirst

Extreme thirst is one of the first noticeable symptoms of diabetes.

Sweet-Smelling Breath

Breath that has a sweet scent may indicate high levels of ketones, a serious complication or diabetes.

Risk of Heart Disease

High blood pressure and damaged blood vessels put added strain on the heart, increasing the risk of cardiovascular disease.

Fatigue/Lack of Energy

Overall kidney and pancreas problems can cause you to feel more tired. This can also make it harder for you to concentrate.

Pancreas Malfunction

A poorly functioning or nonfunctioning pancreas won't produce the insulin your body needs to convert glucose into energy.

Excessive Urination

Having to urinate frequently may be an early warning sign of diabetes.

Damaged Blood Vessels

Too much glucose in your system can cause restricted blood flow, leading to a variety of symptoms and damage to the blood vessels. Smokers with diabetes are at an even higher risk.

Nerve Damage

Diabetes causes nerve damage, which often feels like "pins and needles". Damaged nerves can also alter your perception of heat, cold, and pain, increasing your risk of injuries.

Foot Problems

Diabetes increases your risk of calluses, infections, or ulcers of the foot. This can be caused by nerve damage from high blood sugar and a decrease in circulation of your feet.

Loss of Consciousness

Without treatment, diabetic ketoacidosis can lead to loss of consciousness.

Visual Disturbances

Damaged blood vessels in the eyes can cause visual disturbances, like floaters. If left untreated, this can lead to blindness.

Cataracts and Glaucoma

If you have diabetes, you have an increased risk of cataracts and glaucoma compared to people who don't have diabetes.

High Blood Pressure

If you have diabetes, you're at increased risk of developing high blood pressure.

Gastroparesis

Poor blood sugar management can cause delayed emptying of food from the stomach. This can cause bloating, heartburn, and nausea.

Protein in Urine

High levels of protein in your urine may mean your kidneys have some damage and aren't functioning well. *(Urine may smell sweet or of popcorn.)*

Ketoacidosis

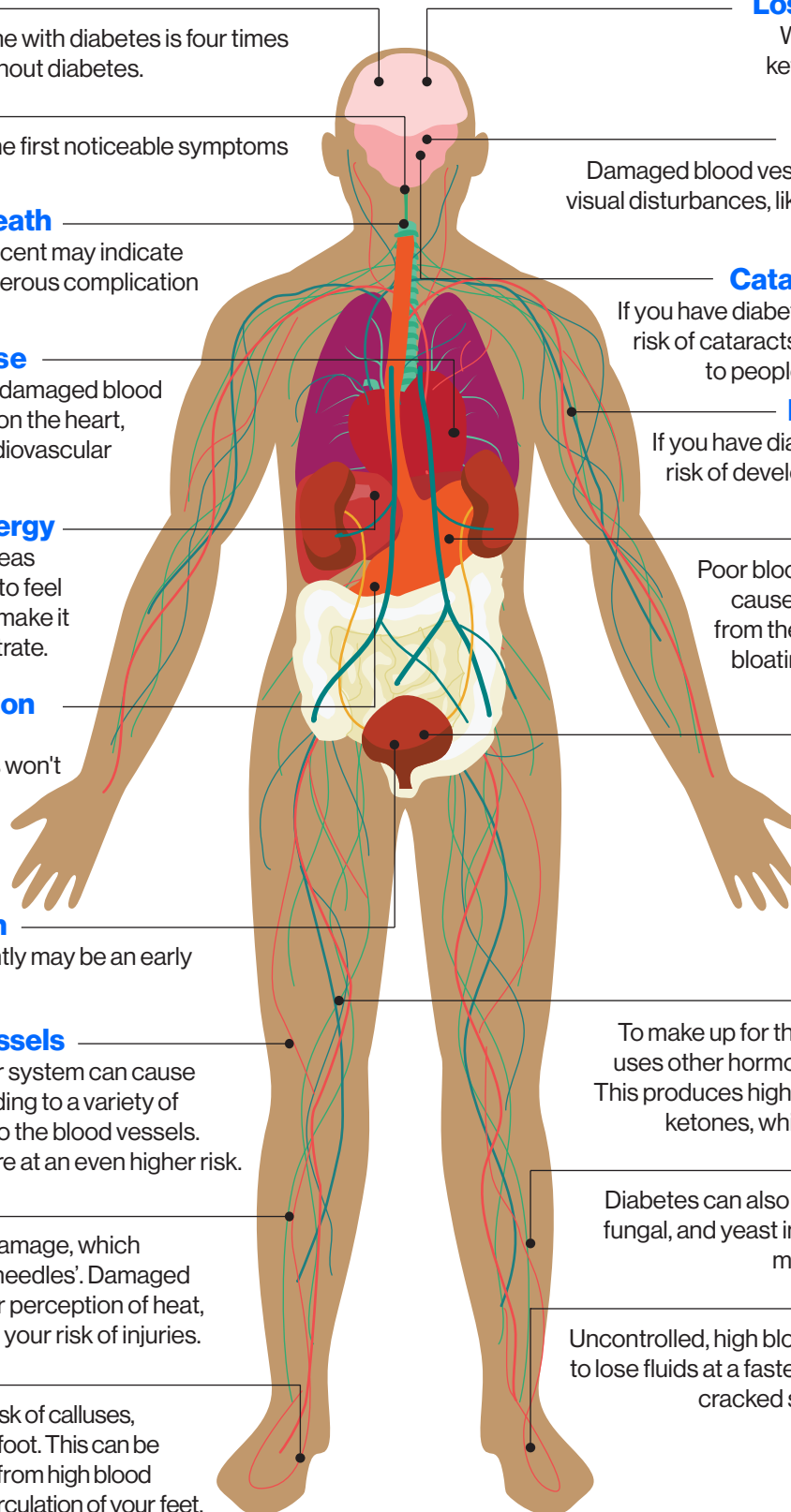
To make up for the lack of insulin, your body uses other hormones to turn fat into energy. This produces high levels of toxic acids called ketones, which can be life-threatening.

Risk of Infections

Diabetes can also raise your risk of bacterial, fungal, and yeast infections. Your feet are the most vulnerable to infection.

Dry Cracked Skin

Uncontrolled, high blood sugar causes the body to lose fluids at a faster rate. This can lead to dry, cracked skin, especially on the feet.



Healthy Tips to Prevent Adverse Effects



- Check your A1C at least twice a year.
- Monitor your diabetes treatment plan with your primary care provider that includes medications, nutrition, and physical activity.
- Practice good skin care (diabetes can cause dry skin, fungal, and bacterial infections).
- Wear proper footwear to reduce skin breakdown on the feet.
- Practice proper handwashing techniques to prevent infections.

A1C Blood Sugar Test

