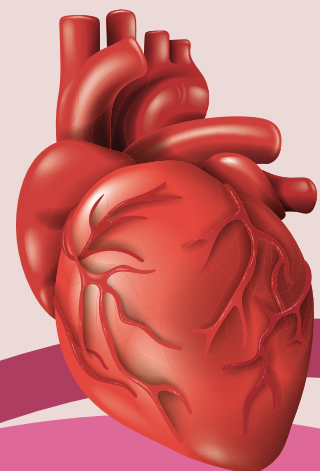


DIABETES COMPLICATIONS



Macrovascular



Coronary Artery Disease (CAD)

High blood sugar for a prolonged period of time can block and damage blood vessels. As a result, vital organs, like the heart, won't get enough blood and oxygen, leading to heart problems. Following a nutritious eating pattern that would include traditional foods, staying active and using medications if needed can help keep your heart healthy. Having bloodwork on a regular basis (usually every 3-6 months) is another good way to help prevent heart issues.



Cerebrovascular Disease

Long periods of high blood sugar can block and damage blood vessels. As a result, the brain won't get enough oxygen, and can cause a stroke or other issues in the brain. Having regular check ups with your health care provider and aiming for balance in your physical, emotional, mental and spiritual health can help with managing your blood sugar.



Peripheral Vascular Disease (PVD)

Peripheral Vascular Disease (PVD) happens when blood vessels in the legs become narrowed or blocked. This results in reduced blood flow to the legs, ankles and feet. Symptoms can include: impotence, numbness, tingling, weakness and hair loss on the leg. Seeing a foot care specialist and letting your health care provider know of any new symptoms can help protect you.

Questions? Ask your Diabetes Team!



613-748-0657

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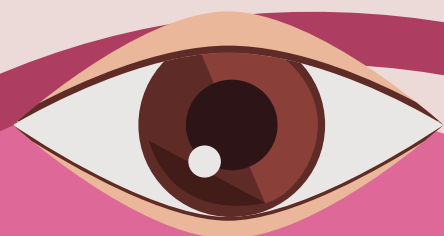
JASNA ROBINSON-WRIGHT, REGISTERED DIETITIAN

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DIABETES COMPLICATIONS

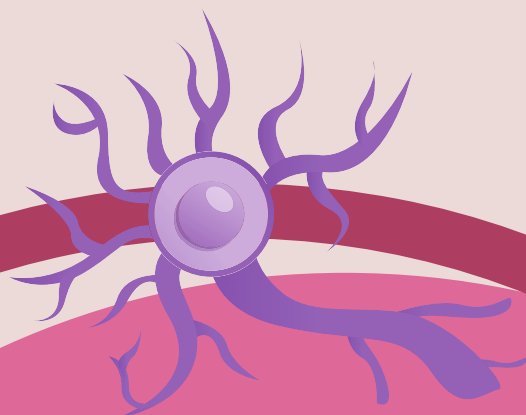


Microvascular



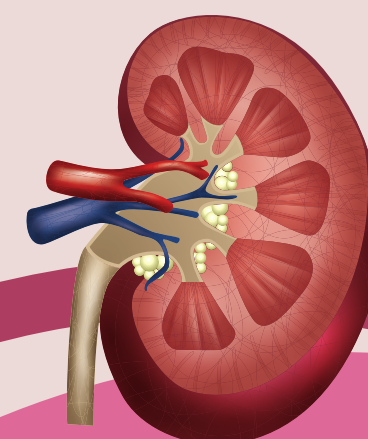
Retinopathy

High blood sugar over long periods can damage blood vessels in the eye, leading to retinopathy, cataracts and glaucoma. Managing your blood sugar with healthy eating, physical activity and possibly medications can help prevent this. See your eye specialist (optometrist) every 2 years and let them know you have diabetes to help keep your eyes healthy.



Neuropathy

High blood sugar can damage nerves throughout your body, leading to numbness, tingling, pain, and impotence. Neuropathy can occur anywhere on the body, but is most common in the hands and feet. Taking care of your feet at home, seeing a foot care specialist and letting your health care provider know if you have any new symptoms can help prevent any problems.



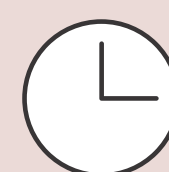
Nephropathy

High blood sugar and high blood pressure can damage the kidneys by overworking the kidneys and damaging small blood vessels. Lowering your stress can help lower your blood pressure. Staying in balance with your mental, emotional, spiritual and physical health can help. Seeing your health care provider for bloodwork on a regular basis (usually every 3-6 months) also helps protect your kidneys.

Questions? Ask your Diabetes Team



299 Montreal Rd,
Vanier, ON K1L 6B8



Monday - Friday
9AM - 5:30PM