

# HOW DIABETES CAN AFFECT YOUR BODY

Having high blood sugar from diabetes over time can cause serious health complications.



## HEART

Damaging blood vessels and causing high blood pressure, a heart attack, or heart failure

## EYES

Damaging the small blood vessels at the back of the eyes, leading to vision loss

## FEET

Reducing blood flow and damaging nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation

## EARS

Affecting how nerve signals travel from the inner ear to the brain, causing hearing loss

## NERVES

Causing numbness or pain that makes it hard to do daily activities

## MOUTH

Increasing harmful bacteria and causing cavities and gum disease



## BLOOD VESSELS

Damaging blood vessel walls and decreasing blood flow

## STOMACH

Damaging the nerves in the stomach and slowing or stopping digestion

## BRAIN

Damaging blood vessels in the brain and causing a stroke or memory loss

## SEXUAL HEALTH

Damaging nerves and reducing blood supply, causing erectile dysfunction and vaginal dryness

## SKIN

Causing skin infections or changes such as dark patches on the skin

## THE GOOD NEWS?

Keeping your blood sugar levels in your target range can help prevent or delay all these conditions.

## KIDNEYS

Reducing how well kidneys filter waste, leading to chronic kidney disease

LEARN MORE: [www.cdc.gov/diabetes/complications/](http://www.cdc.gov/diabetes/complications/)

