

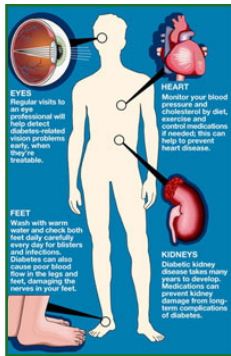


DISCOVERY

Diabetes

[By Bob Kast]

Diabetes complications are caused by damage to the blood vessels and nerves. If it is not controlled, diabetes can cause a host of complications that can affect nearly every organ in the body. Good diabetes management can help reduce your risk.



Eyes

Regular visits to an eye professional will help detect diabetes-related vision problems early, when they're treatable.

Heart

Monitor your blood pressure and cholesterol by diet, exercise and control medications

if needed; this can help to prevent heart disease.

Kidneys

Diabetic kidney disease takes many years to develop. Medications can prevent kidney damage from long term complications of diabetes.

Feet

Wash with warm water and check both feet daily carefully every day for blisters and infections. Diabetes can also cause poor blood flow in the legs and feet, damaging the nerves in your feet.

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