

LIVING WELL WITH DIABETES

Protecting Your Health

Small choices today help protect your health for years to come.

FIELD NOTE

6
OF 8

Why does diabetes affect so many parts of the body?

High blood sugar over many years can damage blood vessels and nerves throughout the body.

That's why diabetes can affect much more than your blood sugar.

The good news?

Keeping your blood sugar, blood pressure, and cholesterol under control can greatly reduce your risk of complications.



HEART

Diabetes increases the risk of:

- Heart attack
- Stroke

Protect yourself by:

- ✓ Staying active
- ✓ Taking medications if needed
- ✓ Managing blood pressure and cholesterol



EYES

Diabetes can damage the tiny blood vessels in your eyes.

Protect your vision by:

- ✓ Having regular dilated eye exams
- ✓ Keeping blood sugar under control



FEET

High blood sugar can reduce feeling in your feet and make it harder for wounds to heal.

Protect your feet by:

- ✓ Checking them every day
- ✓ Wearing well-fitting shoes
- ✓ Letting me know about cuts or sores that aren't healing



KIDNEYS

Your kidneys help filter waste from your blood. Diabetes can make them work harder over time.

Protect them by:

- ✓ Keeping blood sugar controlled
- ✓ Staying hydrated
- ✓ Taking medications when appropriate
- ✓ Getting regular lab work



NERVES

Diabetes can affect nerves, especially in the hands and feet.

Tell me if you notice:

- Burning
- Tingling
- Numbness
- Pain

Early treatment matters.



Most complications are preventable. ♥

The healthy habits we've talked about throughout this series really do make a difference.



Every healthy meal.



Every walk.



Every medication.



Every check-up.

They all work together to help protect your future. ♥



Karen's Corner ♥

'I never talk about complications to scare my patients. I talk about them because they're often preventable. The choices you make today really do matter, and you don't have to do it alone.

We'll work together to protect your health one step at a time.

— Karen



Questions for Karen

- ☐ How often should I have my eyes checked? _____
- ☐ Should I examine my feet every day? _____
- ☐ What symptoms should I tell you about right away? _____
- ☐ How do we monitor my kidneys? _____
- ☐ What can I do to lower my risk of complications? _____



We're here to help. ♥



407-867-1758



karencorner@
carter-familypractice.com



carter-familypractice.com
cfpcarehub.com

CARE THAT FEELS
HUMAN AGAIN. ♥