

# Major Complications of Diabetes

## Eyes

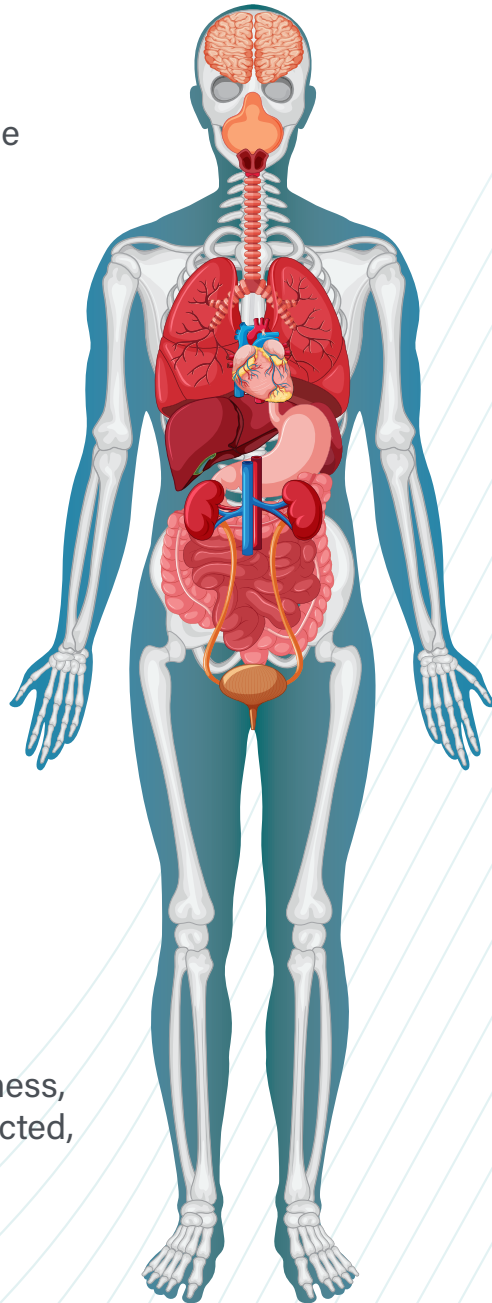
High blood glucose can damage blood vessels in your eyes, causing damage to your retina (retinopathy), cataracts, and glaucoma.

## Kidneys

High blood glucose overworks the kidneys and high blood pressure damages small blood vessels, both causing damage that may lead to kidney failure.

## Nerves

High blood glucose damages nerves which can result in pain and/or numbness. With numbness, wounds on feet may go undetected, leading to severe infection.



## Brain

Increased risk of stroke and damage to the brain's blood vessels leading to serious issues such as cognitive impairment, brain aneurysm, and carotid artery disease (blockage of the carotid artery which supplies blood to the brain).

## Teeth

Diabetes can severely impact oral health, increasing the risk of gum disease, tooth decay, plaque buildup, gum inflammation, and ultimately tooth loss.

## Heart

Diabetes increases the risk of coronary artery disease or CAD. CAD is when blood flow to the heart is restricted, resulting in chest pain, shortness of breath, and potentially heart attack.

## Feet

In addition to nerve damage affecting feet, diabetes results in the risk of narrowed blood vessels increasing the risk of reduced or lack of blood flow in the legs. This makes foot wound healing difficult and may lead to tissue death, resulting in amputation.