

## Prevent the Complications of Diabetes

### Eye Disease

- Report sudden changes in vision to your physician
- Have a dilated eye exam every year
- Control blood sugar
- Control blood pressure
- Avoid tobacco use



### Heart

- Report chest pain and/or shortness of breath immediately
- Control blood sugar
- Control cholesterol, have cholesterol level checked yearly
- Control blood pressure
- Avoid tobacco use
- Exercise as directed



### Kidney

- Control blood sugar
- Control blood pressure
- Avoid tobacco use
- Have your kidney function checked yearly



### Foot

- Report pain or numbness and any wounds that do not heal within 24 hours to your physician
- Examine feet daily
- Control blood sugar
- Control blood pressure
- Avoid tobacco use

