

Living Well with Diabetes

People with diabetes can have a long productive life without long-term complications. Take the following steps to reduce your risk:

- Keep your hemoglobin A1c on target
- Be physically active
- Maintain a healthy weight
- Follow a heart healthy diet
- Maintain good blood pressure and cholesterol levels
- Don't smoke

Cardiovascular disease

*Heart and vascular health
(heart attacks and strokes)*

- ✓ **Cholesterol/lipid profile**
(Every 1–5 years)
- ✓ **Blood pressure check**
(Every 3 months)

High blood glucose, high LDL cholesterol and high blood pressure can cause stickiness (plaques) to form on blood vessel walls. This is also known as atherosclerosis. Smoking worsens this condition.

Neuropathy *Nerve health*

- ✓ **Foot sensory exam** (Annual)

Nerve damage from diabetes is known as neuropathy. Peripheral neuropathy can cause tingling, numbness, or pain in your hands and feet. Autonomic neuropathy can affect your intestines causing abdominal discomfort. Erectile dysfunction (ED) can also occur.

Retinopathy *Eye health*

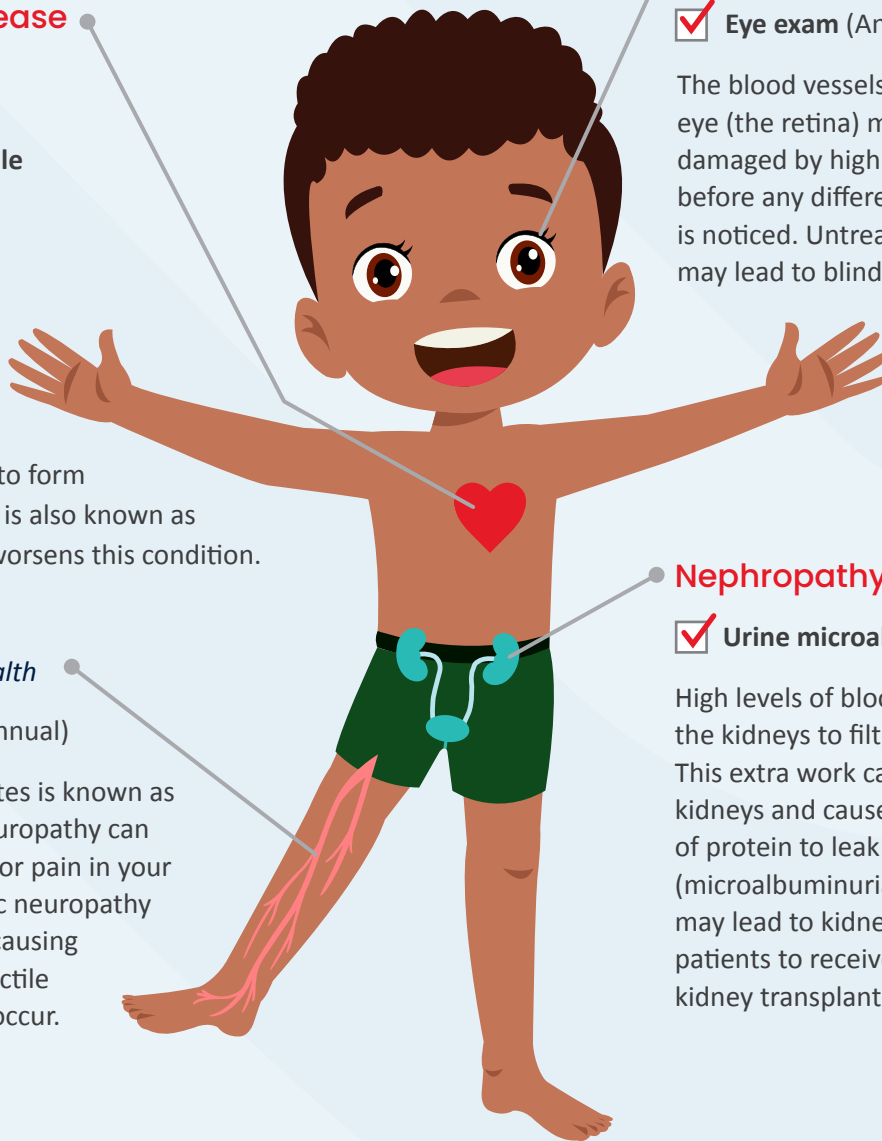
- ✓ **Eye exam** (Annual)

The blood vessels in the back of the eye (the retina) may be severely damaged by high glucose events before any difference in your vision is noticed. Untreated retina damage may lead to blindness.

Nephropathy *Kidney health*

- ✓ **Urine microalbumin** (Annual)

High levels of blood sugar can cause the kidneys to filter too much blood. This extra work can damage the kidneys and cause small amounts of protein to leak into the urine (microalbuminuria). With time, this may lead to kidney failure, requiring patients to receive dialysis or a kidney transplant.



Diabetes Line
832-822-3670



YADP
Young Adult Diabetes Program



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