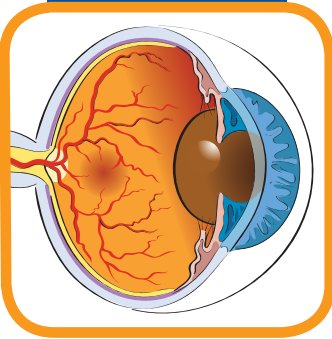


Reducing risks

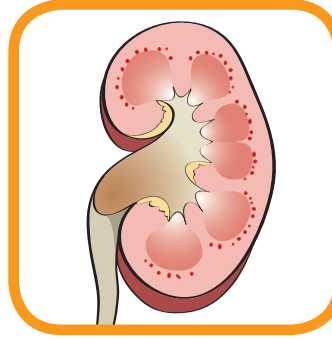
Type 2 diabetes can affect you from head to toe

Eyes



Be sure to have your eyes checked by an eye doctor at least once a year.

Kidneys



Talk with your health care team about kidney disease and what you can do to prevent it.

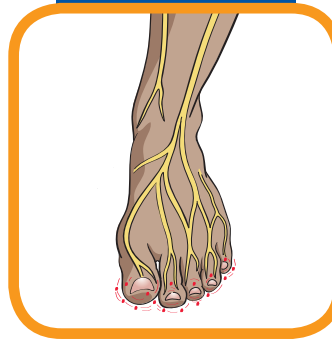
Get checked for kidney disease to catch problems early.

Mouth



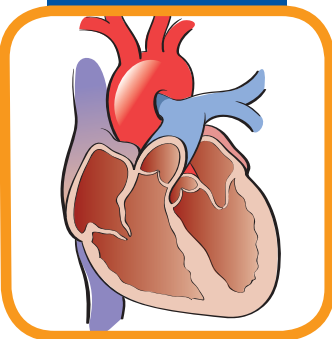
See your dentist twice a year and be sure to remind him or her that you have diabetes.

Nerves



Controlling your blood sugar can help prevent or delay nerve damage and related problems.

Heart



Talk to your health care team about ways to reduce your risk of heart disease.

Work with your health care team to help minimize the damage to your body.

DIABETES

Reducing risks

Your feet and diabetes

Nerve damage, circulation problems, and infections can cause serious foot problems, which sometimes lead to amputation (removal by surgery). However, amputations may be prevented with regular checkups.

How can I protect my feet?

- 1. Keep your feet clean and protected.**
- 2. Check your feet every day for scratches, cracks, cuts, blisters, sores, and infection.**
 - Use a mirror if you have trouble seeing the soles of your feet.
- 3. Control your blood sugar, blood pressure, and cholesterol.**
- 4. You should have a complete foot exam once a year and more often if you have foot problems.**



**Have your health care provider
examine your feet at every visit.**

