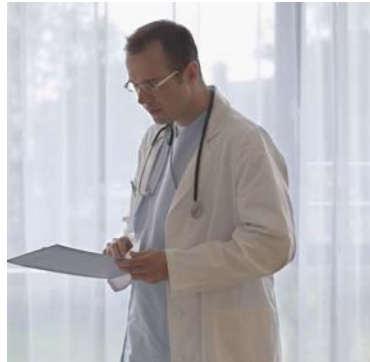


Remember:

You can stop or delay diabetes complications by:

- Monitoring your blood glucose regularly and keeping it close to normal
- Scheduling a yearly physical and regular eye exams
- Taking care of your teeth and gums
- Checking your feet regularly for blisters, cuts, sores, redness or swelling
- Keeping your blood pressure and cholesterol under control
- Quitting smoking
- Exercising and eating healthy
- Managing your stress

Make sure to refer to your doctor, diabetes educator or dietitian to get advice in case you feel any abnormality.



References:

1.Diabetes. Mayoclinic.com. Available at: <http://www.mayoclinic.com/health/diabetes/DS01121/DSECTION=complications>. Accessed: December 16, 2013.



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Complications

Save Tomorrow ...

Diabetes is a chronic disease. The continuous increase in blood glucose can impact major organs, including your heart, blood vessels, nerves, eyes and kidneys. Controlling your blood glucose level can avoid you all these complications.

Diabetes complications are either:

A Short term complications:

Hyperglycemia

Increase in blood glucose levels

Hypoglycemia

Decrease in blood glucose levels

Diabetic ketoacidosis

B Long term complications:



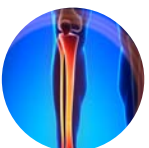
Skin and mouth conditions:

These include bacterial and fungal infections in the skin and gums



Foot damage:

Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications



Osteoporosis:

Diabetes may lower bone density and therefore increase your risk of osteoporosis

Start Today



Alzheimer's disease:

The poorer your blood glucose control, the greater the risk to develop Alzheimer's disease



Retinopathy:

Diabetes can damage the retina blood vessels, potentially leading to blindness. Diabetes can also increase the risk of some diseases such as cataracts and glaucoma



Cardiovascular disease:

Diabetes increases the risk of coronary artery disease, heart attack, stroke and atherosclerosis.



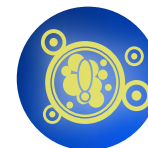
Nephropathy:

Diabetes can damage kidney blood vessels. This can lead to kidney failure or irreversible end-stage kidney disease



Neuropathy:

Excess sugar can affect tiny blood vessel walls that feed your nerves. Clear symptoms could be tingling, numbness, burning sensation and pain



Cancer:

People with diabetes have a higher risk of developing some types of cancer

