

Diabetics are 4 times more likely to be depressed

Heart



Heart Heart disease is the leading cause of diabetes-related deaths. The risk for heart disease and for stroke is two to four times higher in, e.g. adults with diabetes.

Blindness



Blindness Retinopathy, a disease of the light-sensing part of the eye, is a common complication of diabetes. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

Kidney disease



Kidney disease Diabetes accounts for 434 of new cases of end-stage renal disease. In 1999, 174,473 diabetics went on kidney dialysis or had a kidney transplant.

Nervous system disease

Nervous system disease Up to 70% of diabetics have nerve damage, including numbness or pain in the feet or hands and loss of digestion.

What diabetes does to the body

Complications of pregnancy

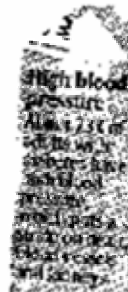


Complications of pregnancy Poorly controlled diabetes during the first trimester can cause major birth defects in up to 10% of pregnancies and spontaneous abortions in up to 20%.

Amputation

Amputations From 1987 to 1993, about 82,000 lower-limb amputations were performed each year in diabetics.

High blood pressure



High blood pressure About 75% of diabetics have high blood pressure, which can lead to heart disease and stroke.

Other complications



Dental disease Almost one-third of people with diabetes have severe gum disease.

Other complications Biochemical imbalances related to uncontrolled diabetes can cause life-threatening ketoacidosis, a build-up of ketones, or waste products, in the blood. Diabetics also are more susceptible to other illnesses including pneumonia and flu.