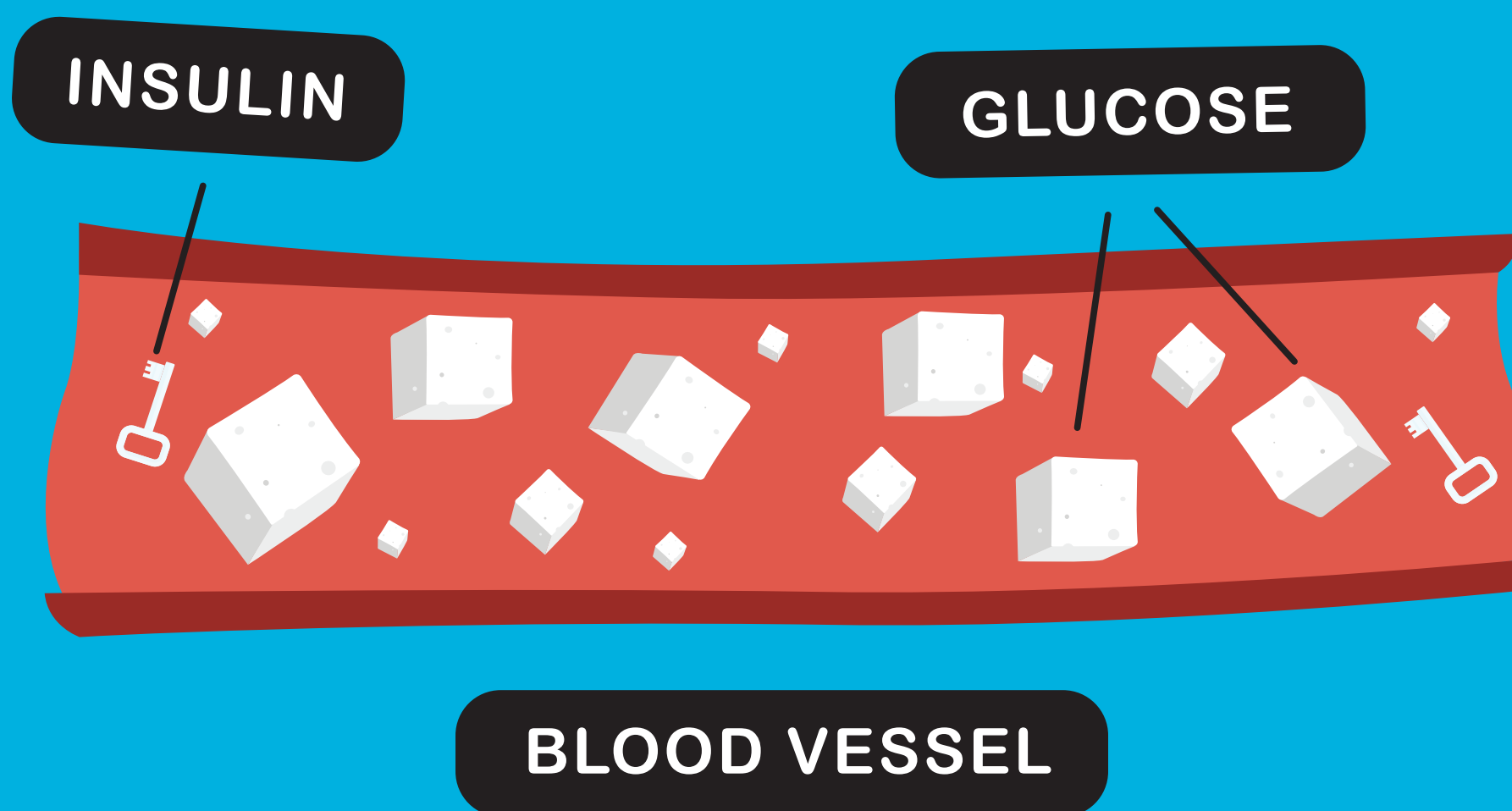




TYPE 1 DIABETES COMPLICATIONS

WHAT CAUSES T1D COMPLICATIONS?

COMPLICATIONS ARE LINKED TO HIGH BLOOD GLUCOSE LEVELS OVER A LONG PERIOD OF TIME **CAUSING DAMAGE** TO THE BLOOD VESSELS OF THE HEART, BRAIN, LEGS, EYES, KIDNEYS, FEET AND NERVES.



SO IT IS **REALLY IMPORTANT** TO TAKE ACTION TO PREVENT OR DELAY MANY OF THESE PROBLEMS.

HELLO
TYPE 1

TYPE 1 DIABETES COMPLICATIONS

THE BEST PROTECTION AGAINST DEVELOPING ANY OF THOSE COMPLICATIONS IS TO KEEP YOUR BLOOD GLUCOSE LEVELS WITHIN YOUR TARGET RANGE BUT IT'S IMPORTANT TO BE AWARE OF THE SIGNS AND KEEP UP TO DATE WITH YOUR VISITS TO YOUR DOCTOR.

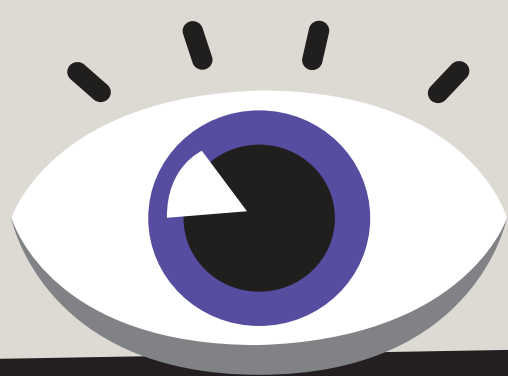




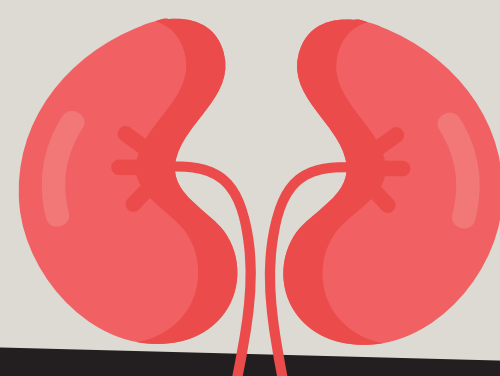
TYPE 1 DIABETES COMPLICATIONS

WHAT ARE THE MAIN COMPLICATIONS CAUSED BY T1D?

CONSTANT HIGH BLOOD GLUCOSE CAN LEAD TO:



EYE DAMAGE AFFECTING YOUR VISION AND LEADING TO TOTAL VISION LOSS IF NOT TREATED

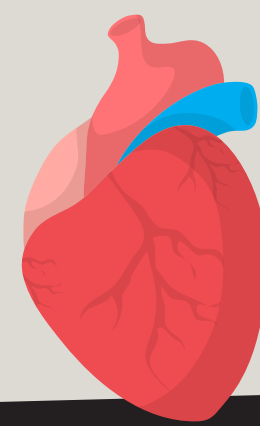


KIDNEY DAMAGE WHICH IMPACTS THE BODY FILTERING SYSTEM AND CAN LEAD TO HIGH BLOOD PRESSURE AND KIDNEY FAILURE

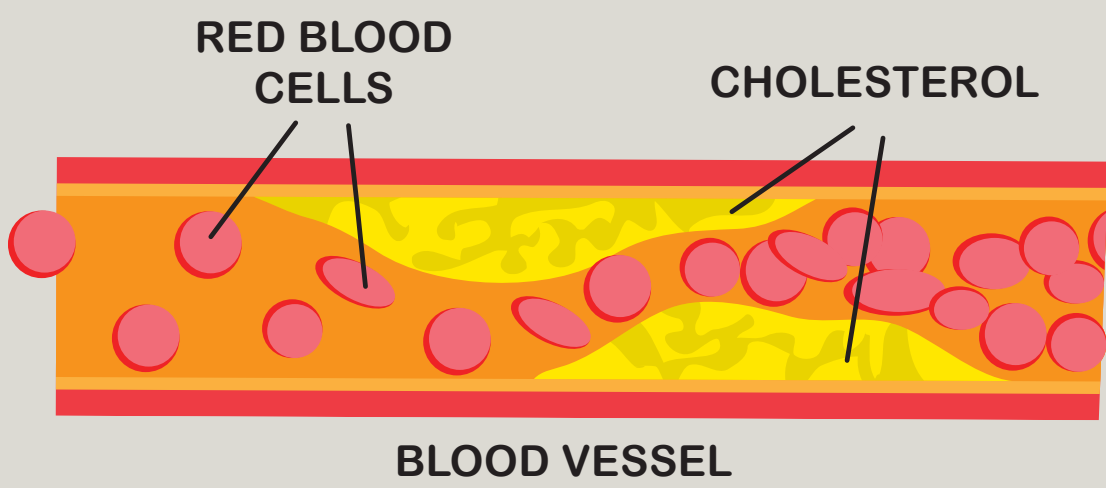


NERVE DAMAGE CAUSES PROBLEMS WITH YOUR FEET WHICH LEADS TO CIRCULATION AND INFECTION PROBLEMS. IT CAN CAUSE A LOSS OF FEELING IN YOUR FEET OR TOO MUCH FEELING. YOU CAN FEEL TINGLES, BURNING AND IF NOT TREATED IT CAN LEAD TO AMPUTATION.

DISLIPIDEMIA OR HIGH CHOLESTEROL CAUSING FURTHER DAMAGES IN THE BLOOD VESSELS AND LEADING TO HEART DISEASE



HEART AND BLOOD VESSEL DISEASE RISKS ARE MASSIVELY INCREASED AND CAN LEAD TO HIGH BLOOD PRESSURE, HEART ATTACK OR STROKE





TYPE 1 DIABETES COMPLICATIONS

TIPS TO REDUCE THE RISK OF COMPLICATION



KEEP YOUR BLOOD GLUCOSE LEVEL IN THE TARGET RANGE GIVEN TO YOU BY YOUR DOCTOR

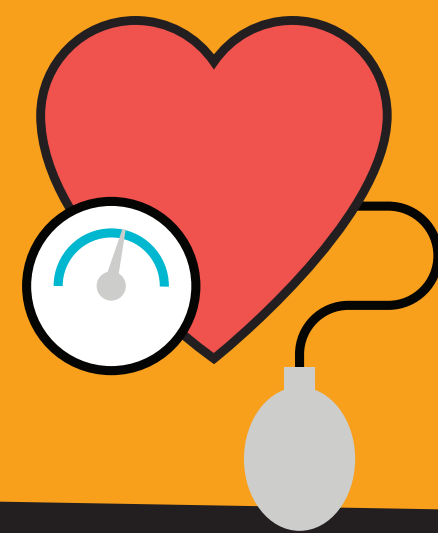


GET YOUR COMPLICATION SCREENING EVERY YEAR

FOLLOW THE HEALTHY EATING GUIDELINES AND AVOID UNHEALTHY FOOD LIKE SUGARY DRINKS, DESSERTS AND JUNK FOODS



EXERCISE OR BE ACTIVE FOR ATLEAST 30 MINUTES A DAY



KEEP YOUR BLOOD PRESSURE LOW (BELOW 120/80 MMHG)



TYPE 1 DIABETES COMPLICATIONS

SPOT CHANGES TO YOUR EYESIGHT INCLUDING:
- BLURRED VISION, ESPECIALLY AT NIGHT
- SHAPES FLOATING IN YOUR VISION
- SENSITIVITY TO LIGHT



SPOT CHANGES TO YOUR FEET INCLUDING:
- CUTS, CRACKS OR BLISTERS
- PAIN OR TINGLING
- NUMB FEET



WEAR COMFORTABLE SHOES THAT FIT WELL. AVOID TIGHT FITTING SHOES



KEEP YOUR FEET CLEAN AND DRY TO AVOID INFECTION



KEEP TOENAILS TRIMMED

DO NOT GO BAREFOOT OUTSIDE TO AVOID CUTS AND GRAZES

