

Diabetes Complications

Diabetes complications

~~• Retinopathy~~ EYES

- Damage to the blood vessels of the retina which can affect vision
- (Mayo Clinic, 2014)

~~• Heart disease and stroke~~

- High Blood glucose levels (BGL's) can increase the risk of narrowing of the blood vessels. This can reduce the blood flow to the heart and brain contributing the risk to heart disease and stroke (NHS, 2014).

Kidney Disease

Kidney Disease

- Filtering system (Mayo clinic, 2014).
- Kidneys help to clean the blood by removing waste products, and passing them out through the urine (Australian Diabetes Council, 2014)
- High Blood Glucose Levels (BGL's) places extra pressure on the filters which can cause leakage of reusable nutrients like protein.

- High blood glucose levels can damage the walls of the small blood vessels that nourishes the nerves especially in the legs. This can cause tingling, numbness, burning sensation and/or pain (Mayo Clinic, 2014).

References

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