

Fruits & Veggies ~ More Matter

Health Fair

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The Consequences of Diabetes

HEART DISEASE



Coronary heart disease is the most common of heart and blood vessel diseases. Other blood vessel diseases, heart failure or heart attack can result. The risk of heart disease increases in people with diabetes.



ATHEROSCLEROSIS

Atherosclerosis hardens plaque inside arteries, which can narrow the lumen of the artery or completely block it. This can lead to heart attack, stroke, and other blood vessel diseases. The condition can be prevented.



STROKE

The risk of stroke is greater in people with diabetes. Stroke is a leading cause of death and disability. It can be prevented.



BIRTH DEFECTS

Diabetes during pregnancy can lead to birth defects. It can be prevented.



NERVE DISEASE



Diabetes can damage nerves, leading to numbness and tingling, especially in the feet, legs, and fingers. The nerves can be damaged, leading to pain and disability. It can be prevented.



GUM AND BONE INFECTIONS

People with diabetes are at higher risk for gum and bone infections. It can be prevented.



EYE DISEASE

Diabetes can damage the eye, leading to blindness. It can be prevented.



KIDNEY DISEASE

High levels of blood glucose can damage the kidneys, leading to kidney disease. It can be prevented.





EXIT



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The End 😊

