

# PREDIABETES

A Generation  
in Jeopardy

## *living with*DIABETES

Type 2 diabetes, if not managed properly, can affect every part of the body. The disease can have debilitating physical effects, including damaged blood vessels, heart attacks, strokes, blindness, liver disease, certain kinds of cancer, kidney failure, bone fractures and amputations.

### Eye Complications:

glaucoma, cataracts, retinopathy, macular edema and blindness

### Mental & Neurological Disorders:

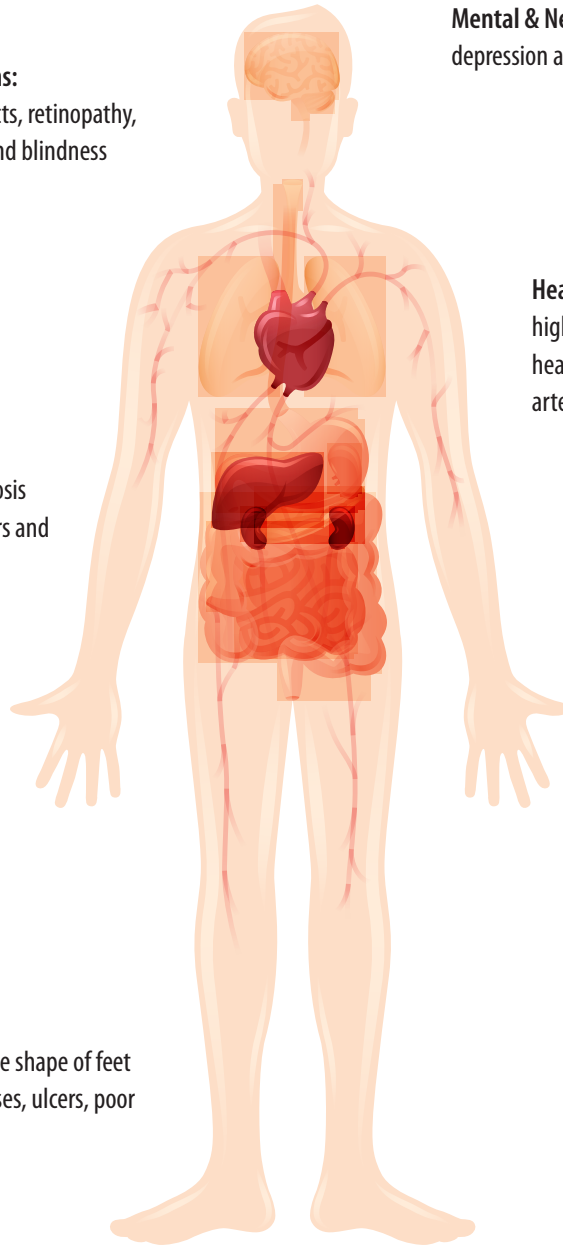
depression and Alzheimer's disease

### Skin Complications:

bacterial infections, fungal infections, itching, diabetic dermopathy, necrobiosis lipoidica diabetorum, diabetic blisters and eruptive xanthomatosis

### Heart Complications:

high blood pressure (hypertension), heart attack, stroke and peripheral arterial disease (PAD)



### Other Major Complications:

- Neuropathy (nerve damage)
- Diabetic ketoacidosis (DKA), which can lead to diabetic coma or even death
- Kidney disease
- Hyperosmolar Hyperglycemic Nonketotic Syndrome (HHNS)
- Gastroparesis

### Foot Complications:

nerve damage, changes in the shape of feet and toes, skin damage, calluses, ulcers, poor circulation and amputations