

Long-Term Effects

Over time, high blood sugar can damage and cause problems with your:

- Heart and blood vessels
- Kidneys
- Eyes
- Nerves, which can lead to trouble with digestion, the feeling in your feet, and your sexual response
- Wound healing
- Pregnancy

The best way to avoid these complications is to manage your diabetes well.

- Take your diabetes medications or insulin on time.
- Check your blood glucose.
- Eat right, and don't skip meals.
- See your doctor regularly to check for early signs of trouble.
- protein, low-fat dairy, and small portions of fresh fruits and healthy fats. Sugar should be limited