



# Did you know?

High blood sugar can damage blood vessels all over the body and cause:

## DIABETIC EYE DISEASE

High blood sugar causes small blood vessels in the eye to become swollen.

## HEART ATTACK

Blood vessels clogged with plaque can lead to heart attack.

## KIDNEY PROBLEMS

May start when plaque constricts blood flow to the renal arteries.

## PAD

Uncontrolled, elevated blood sugar can lead to narrowed blood vessels and peripheral artery disease (PAD), which can cause leg pain. If not treated, lack of oxygen and blood flow in the extremities can lead to amputation.

## FOOT ULCERS

Lack of oxygen-rich blood in the feet, plus a small wound, can lead to skin ulcers. Some diabetics can't feel their feet and won't know they're in trouble.

## STAY HEALTHY

- See your physician regularly
- Consult with specialists such as vascular surgeons
- Check feet every day
- Follow up on vision changes and chest pain (immediately)
- Don't smoke; it makes vascular disease worse

Learn more about vascular health at [vsweb.org/PatientResources](http://vsweb.org/PatientResources)

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