

# Ki jan dyabèt ka afekte kò ou



Dyabèt ka afekte anpil pati nan kò ou. **Lè sik nan san an rete elve, je ou, kè ou, ren ou, ak nè yo ka andomaje.** Byen pran swen tèt ou jodi, ka ede w evite pwoblèm demen.



## Pwoblèm nan kè

Sik elve nan san ka domaje kè ou ak veso sangen yo. Li ka ogmante tou risk pou atak kè oswa konjesyon serebral.



## Pwoblèm nan ren

Lè sik nan san ou oswa tansyon ou wo, sa ka lakòz domaj nan ren yo. Apre yon tan, sa ka lakòz ren ou yo sispann travay. Gen kèk moun ki gen pwoblèm nan ren ki ka bezwen yon tretman ki rele **dyaliz (dye-AL-a-sis)** pou fè kèk nan travay ren yo te konn fè. Gen lòt ki ka bezwen yon nouvo ren.



## Pwoblèm nan je

Sik elve nan san ak tansyon wo ka lakòz veso sangen yo domaje nan retin lan (pati dèyè je a). Yo rele sa **retinopati (ret-tin-AH-pa-thee)**. Apre yon tan, pwoblèm nan je yo ka fè li difisil pou wè oswa ka menm lakòz avègleman.



## Pwoblèm nan pye

Dyabèt ka andomaje nè nan pye ou yo, yon kondisyon yo rele **nivopati dyabetik. (dahy-uh-bet-ik noo-rop-uh-thee)**. Sa ka fè yo santi yo angoudi oswa pikotman. Li kapab tou anpeche yo santi chalè, freddi, oswa doulè.

Nè ki andomaje yo ka lakòz yon move sikilasyon san nan pye ou. Sa fè li pi difisil pou yon koupri oswa yon blese geri epi li ka mennen ak anpitasyon.

Founisè swen sante w ta dwe egzamine pye w nan chak vizit.



## Pwoblèm nan bouch

Sik elve nan san ka lakòz enfeksyon nan bouch ou, ki ka mennen doulè ak pèt dan. Enfeksyon nan bouch kapab tou fè li pi difisil pou kenbe sik nan san ou ba.

# Prevansyon pwoblèm sante ki te koze pa dyabèt

Jesyon dyabèt ou a ka ede w anpeche pwoblèm sante ki koze pa dyabèt. Tablo ki anba a ka ede w suiv etap founisè swen sante w la ka sijere.



**Pran tablo sa a nan pwochen vizit ou a. Mande founisè swen sante w pou ranpli li avèk ou.**

Mezi mwen ka pran	Konbyen fwa mwen ta dwe fè sa?	Ki objektif mwen?
<b>Egzanp:</b> Tcheke sik nan san mwen lakay mwen	<b>Egzanp:</b> Tcheke chak maten, oswa osi souvan ke doktè mwen preskri	<b>Egzanp:</b> Anvan manje 80-130 mg/dl (oswa sa doktè mwen rekòmande)
Tcheke sik nan san mwen lakay mwen		
Tcheke pye m yo pou maleng, koupi, oswa ti anpoul ki pa geri		
Tcheke tansyon mwen		
Tcheke bouch mwen pou siy pwoblèm; fè dantis mwen netwaye epi tcheke bouch mwen		
Fè tcheke A1c mwen ak lipid nan san mwen (kolestewòl ak trigliserid).		
Fè tcheke san mwen ak pipi pou maladi ren		
Fè yon egzamen je konplè		

**Pou aprann plis sou pwoblèm sante ki gen rapò ak dyabèt, vizite sitwèb Asosyasyon Ameriken Dyabèt la sou [www.diabetes.org](http://www.diabetes.org) or call oswa rele 1-800-DIABETES (1-800-342-2383).**

# How diabetes can affect your body



Diabetes can affect many parts of your body. **When blood sugar stays high, your eyes, heart, kidneys, and nerves can be harmed.** Taking good care of yourself today may help you avoid problems in the future.

## Heart problems

High blood sugar may damage your heart and blood vessels. It may also raise your risk for heart attack or stroke.

## Kidney problems

When your blood sugar or blood pressure are high, it may lead to kidney damage. Over time, this may cause your kidneys to stop working. Some people with kidney problems may need a treatment called **dialysis (dye-AL-a-sis)** to do some of the work their kidneys used to do. Others may need a new kidney.

## Eye problems

High blood sugar and high blood pressure may lead to damaged blood vessels in the retina (the back part of the eye). This is called **retinopathy (ret-tin-AH-pa-thee)**. Over time, eye problems can make it hard to see or may even cause blindness.

## Foot problems

Diabetes may harm the nerves in your feet, a condition called **diabetic neuropathy (dahy-uh-bet-ik noo-rop-uh-thee)**. This can make them feel numb or tingly. It can also keep them from feeling heat, cold, or pain.

Damaged nerves can cause poor blood flow to your feet. This makes it harder for a cut or sore to heal and can lead to amputation.

Your healthcare provider should examine your feet at every visit.

## Mouth problems

High blood sugar can cause infections in your mouth, which may lead to pain and tooth loss. Mouth infections can also make it harder to keep your blood sugar low.

# Preventing health problems caused by diabetes

Managing your diabetes may help you prevent health problems caused by diabetes. The chart below can help you keep track of the steps your healthcare provider may suggest.



**Take this chart to your next visit. Ask your healthcare provider to fill it out with you.**

Steps I can take	How often should I do this?	What is my goal?
<b>Example:</b> Check my blood sugar at home	<b>Example:</b> Check every morning, or as often as my doctor prescribes	<b>Example:</b> Before meals 80-130 mg/dl (or what my doctor recommends)
Check my blood sugar at home		
Check my feet for sores, cuts, or blisters that are not healing		
Check my blood pressure		
Check my mouth for signs of problems; have my dentist clean and check my mouth		
Have my A1c and blood lipids (cholesterol and triglycerides) checked		
Have my blood and urine checked for kidney disease		
Have a comprehensive eye exam		

To learn more about diabetes-related health problems, visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES (1-800-342-2383).

