



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

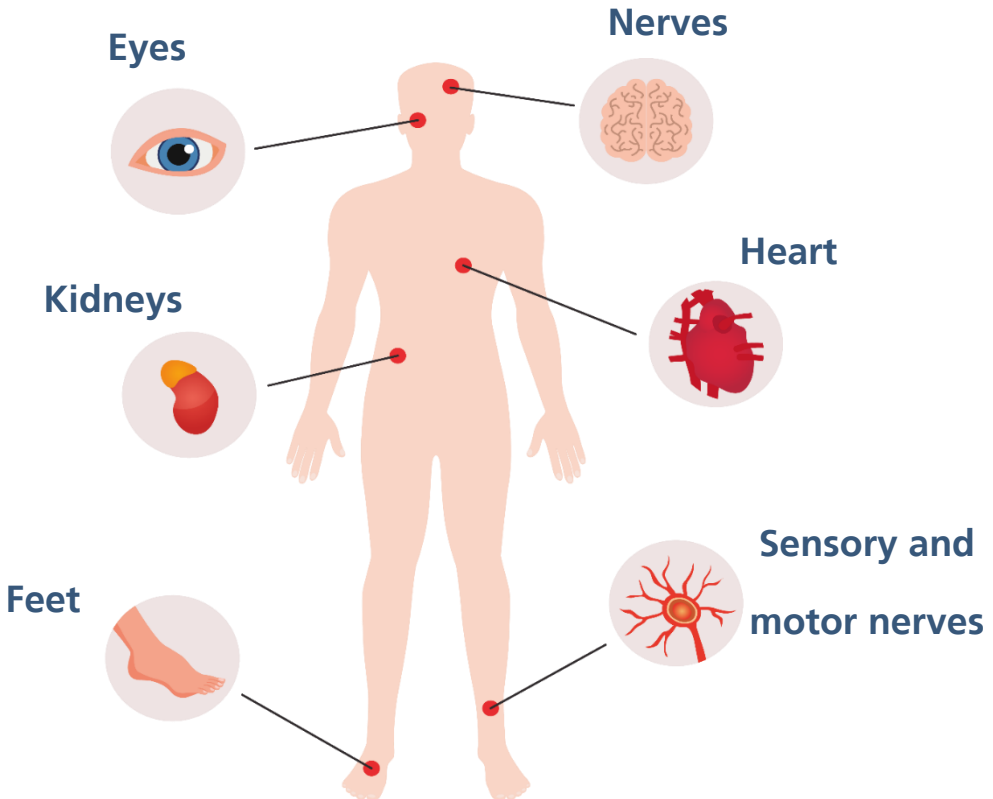
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Diabetes Chronic Complication



How do chronic diabetes complications occur?

High blood sugar levels above normal range for a long time cause chronic and multiple complications in several areas of the body, including:



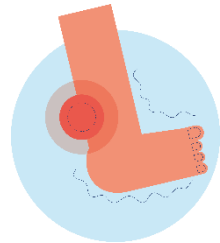
How sensory and motor nerves get affected?

Affected sensory and motor nerves cause infections in most parts of the body.



What are the symptoms of affected nerve?

- loss of sensation or feeling of numbness which lead to a lot of wounds, infections, or pain.
- Partial loss of touch and pain, especially limbs.
- Erectile dysfunction.
- Bladder and bowel weakness, which may cause vomiting, nausea, and diarrhea.
- Problems in the feet, because of diabetes effect on smaller blood vessels and nerves, which leads to damage and reduces blood flow to the feet making pain insensate, heat, or infections.



How eyes get affected?

The longer you have diabetes with less control, you are more likely exposed to eye complications such as diabetic retinopathy and cataract.



What are the symptoms of the affected eye?

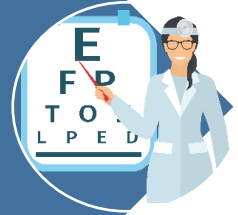
You should see your doctor at any time you develop below symptoms:

- Eye redness
- Blurred vision
- black spots
- When difficult to read
- Double vision of things.
- Feeling of pressure in the eye.



What is the treatment for the eyes?

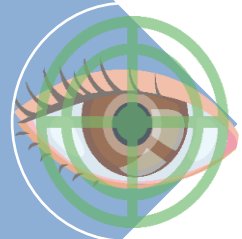
Conducting periodic examinations for diabetic patients, including eye examination at the start of the diagnosis of type 2 diabetes and five years after type 1 diabetes diagnosed.



When any complications are discovered in the early stages, continuous follow-up with the ophthalmologist is required.

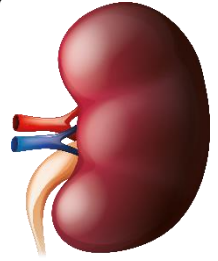


In advanced stages, laser treatment is recommended for the affected area from the retina.



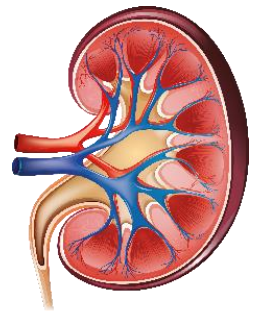
How the kidney gets affected?

When blood sugar rises in diabetics, the blood vessels (inside the nephron) and nerves get affected over time, in addition to that, filtering of large amounts of glucose will shape a burden on the kidneys, and after several years the useful protein begins to be excreted in the urine, and in late cases it can lead to the stage of kidney failure.



What are the symptoms of nephropathy?

- Appearance of albumin in urine
- Stress
- Poor appetite
- Fluid retention
- Arterial hypertension



How to save kidney functions?

- Follow up and test (protein in the blood).



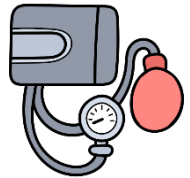
- Adhere to the amount of protein in food, which is determined by the nutritionist and the attending physician.



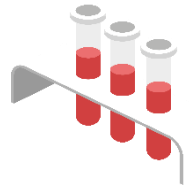
- Maintain cholesterol and blood sugar levels



- Check your blood pressure regularly.



- Follow up blood tests periodically.

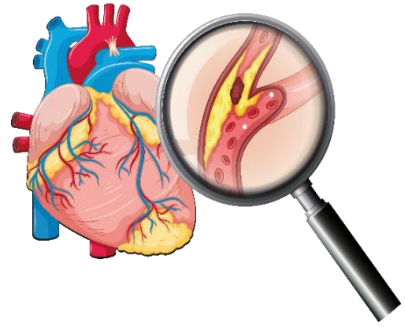


- Quit smoking



How could the heart get affected by diabetes?

Heart problems begin in diabetics because of arteriosclerosis, due to the accumulation of fats (cholesterol) on the inner wall of blood vessels.



What are methods of prevention against any heart complications?

- Control blood sugar level
- Control blood cholesterol level
- Maintaining normal blood pressure





Essential Notes:

It is urgent to get acquainted with factors cause diabetes as:

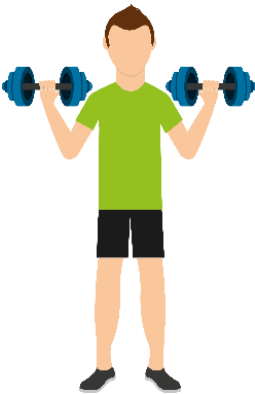
- How long you are suffering from diabetes (duration of the disease)
- To what extent you can control blood sugar
- Other factors might increase the possibility of getting affected with chronic complications as, stress, high blood pressure.



How to control stress?

To overtake and coexist with daily life problems you need to:

- Allocate time for sport and relaxing
- Daily practice for your favorite sport
- Enjoy free reading and learn principles of diabetes treatment by reading and consulting a specialist.



How to control blood pressure?

To prevent and treat yourself from high blood pressure which increases diabetes complications you should care about:

- Maintain normal weight



- Reducing of salt in food



- Keeping yourself away from stress



- Sport



- Quit smoking



Sources and References:

MOH, Ministry of Health

Review and Audit:

The content of this booklet is reviewed by
Diabetes Unit Consultants at King Fahd University
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Health Awareness Unit

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