



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION



## Complications of **Diabetes**



# 1- The heart disease and stroke

If you have diabetes, you are at least twice as likely as someone who does not have diabetes to have heart disease or a stroke.

## The risk factors for heart disease and stroke in diabetes:-

- **Having a family history of heart disease.** If one or more members of your family had a heart attack at an early age, you may be at increased risk.
- **Having central obesity.** Central obesity means carrying extra weight around the waist, in this case, your risk of heart disease is higher.
- **Having abnormal blood fat cholesterol** levels can build up inside your blood vessels, leading to narrowing and hardening of your arteries (the blood vessels that carry blood from the heart to the rest of the body).
- **Having high blood pressure (hypertension)** can strain the heart, damage blood vessels, and increase your risk of heart attack and stroke.
- **Smoking** causes coronary heart disease, doubles a person's risk for stroke and causes reduced circulation by narrowing the blood vessels (arteries).

## Signs and Symptoms of Heart Disease:

- Pain or tightness in the chest.
- Palpitation.
- Fainting/loss of consciousness.
- Vertigo or dizziness.
- Fatigue and drowsiness during the day.
- Shortness of breath.



## Stroke signs and symptoms:

- Weakness or numbness on one side of the body.
- Sudden confusion or trouble understanding.
- Difficulty in speaking.
- Dizziness or loss of balance or difficulty walking.
- Difficulty in the vision of one or both eyes.
- Double Vision.
- Severe headache.

## Preventing heart disease and stroke

**Even if you are at high risk for heart disease and stroke, you can help keep your heart and blood vessels healthy by taking the following steps:**

- Controlling your blood glucose, blood pressure, and cholesterol to cut your risk of heart disease and stroke.
- Choosing foods wisely, quitting smoking, and taking medications (if needed) can all help lower your risk of heart disease and stroke.
- If you have any warning signs of a heart attack or a stroke, get medical care immediately. Early treatment of heart attack and stroke in a hospital emergency room can reduce damage to the heart and the brain.



## 2- The eye problems

Diabetes causes eye problems and may lead to blindness. People with diabetes do have a higher risk of developing glaucoma and cataracts.

Glaucoma is a group of eye diseases characterized by damage to the optic nerve starting with unnoticeable blind spots at the edges of the field of vision, progressing to tunnel vision, and then to blindness.

Cataract is a clouding of the lens inside the eye which leads to a decrease in vision. It is the most common cause of blindness and is conventionally treated with surgery.

## Retinopathy

Diabetic retinopathy is a general term for all disorders of the retina (a light-sensitive layer at the back of the eye) caused by diabetes. Several factors influence whether you get retinopathy:

- Blood sugar control.
- Blood pressure levels.
- How long you have had diabetes.
- Genes.

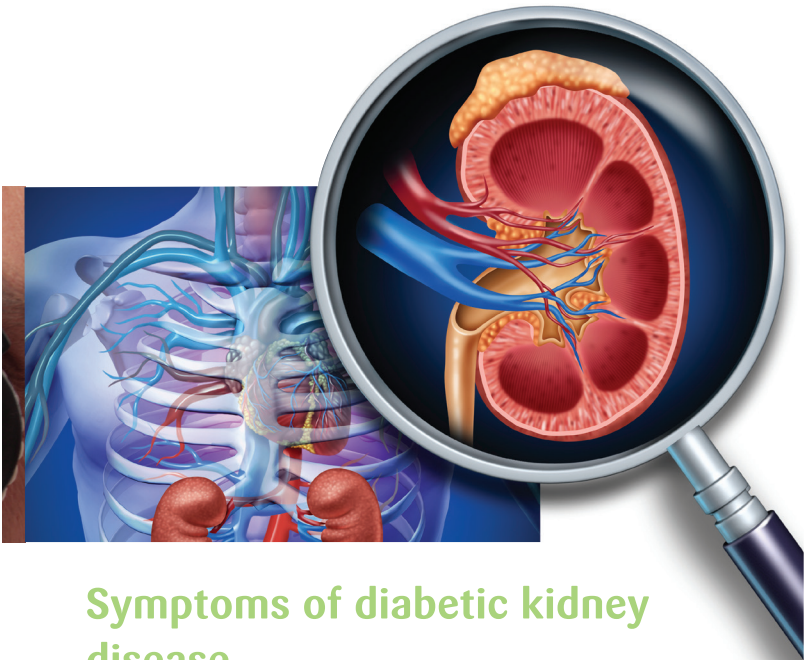


## Steps to avoid eye problems:-

- Keep your blood sugar levels under tight control.
- Bring high blood pressure under control.
- Quit smoking.
- See your eye care professional at least once a year for a dilated eye exam.

## 3-Kidney Disease

Kidneys are remarkable organs. Inside them are millions of tiny blood vessels that act as filters. Their job is to remove waste products from the blood. Diabetes can damage the kidneys and cause them to fail.



### Symptoms of diabetic kidney disease

- Difficulty thinking clearly.
- A poor appetite.
- Weight loss.
- Dry and itchy skin.
- Muscle cramps.
- Fluid retention which causes swollen feet and ankles.
- Puffiness around the eyes.
- Needing to pass urine more often than usual.
- Being pale due to anemia.
- Feeling sick.

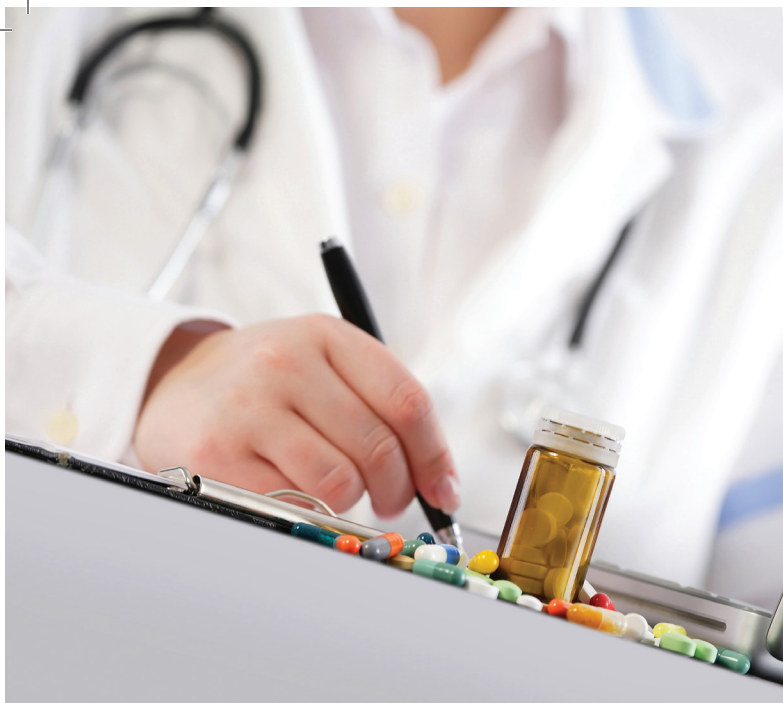






## Prevent diabetes kidney problems by:

- Keep your blood glucose as close to your goal as you can.
- Keep your blood pressure below 130/80 to help prevent kidney damage.
- Ask your doctor if you should take pills to slow down kidney damage.
- Follow the healthy eating plan you work out with your doctor or dietitian.
- Have your kidneys checked at least once a year by having your urine tested for protein.
- Have your blood tested at least once a year for creatinine (a measure of kidney function).
- See a doctor right away for bladder or kidney infections.



## Treatment for diabetic kidney disease aim to:

- Prevent or delay the disease progressing to kidney failure.
- Reduce the risk of developing heart disease and stroke.

## Treatment:

- Good control of your blood glucose level.
- Good control of your blood pressure.
- Review of your medication.
- Certain medicines can affect the kidneys as a side-effect which can make diabetic kidney disease worse.

**Primary Health Care Corporation** plays an important role in achieving better health and well-being for the people of Qatar. PHCC is devoted to comprehensive health care for people of all ages by providing continuing and broad health care for the individual and family across all ages, genders, diseases, and parts of the body. With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.



**E:** [info@phcc.gov.qa](mailto:info@phcc.gov.qa)

**P.O.Box:** 26555