

# Easy Read Diabetes

## Health Problems from Diabetes

This is general information. Talk to your doctor for information made for you.

QCIDD. (2023). *Health Resources - Easy Read Diabetes*. Available from <https://www.qcidd.com.au/home/health-resources>.

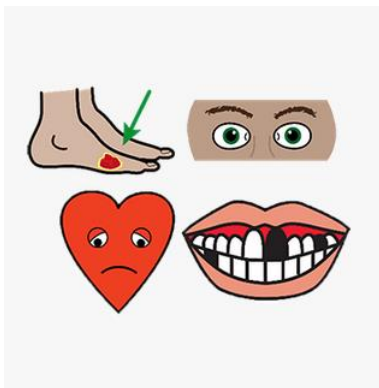
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## Health Problems from Diabetes

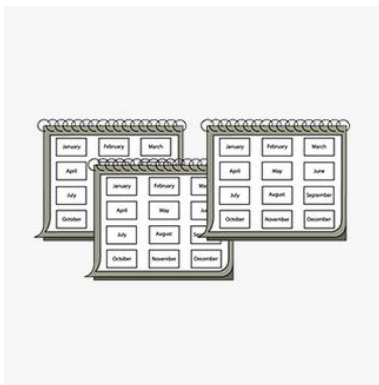


Look after your diabetes.  
It helps you stay well.

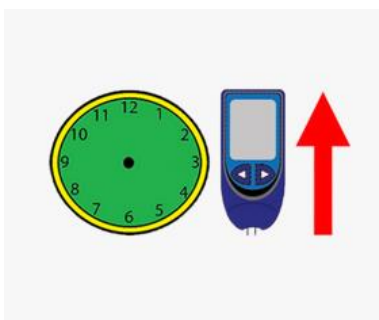


**Diabetes can hurt different parts of your body.**

It can be because



- you have diabetes for many years
- you smoke
- you do not do any exercise.



- your blood sugars are high for a long time

## Diabetes and your teeth



**It is important to look after your teeth and gums.**

Your teeth can come out. They can come loose.



Gums are the red parts near your teeth. They hold your teeth in.



High blood sugar is bad for your gums.

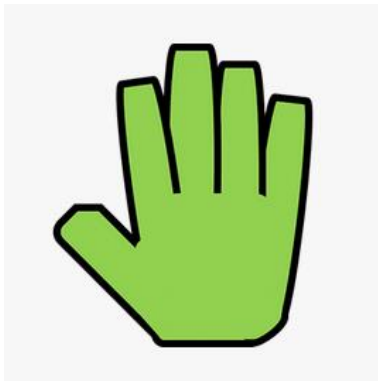


You can also get

- holes in your teeth
- a dry mouth



- Germs in your mouth

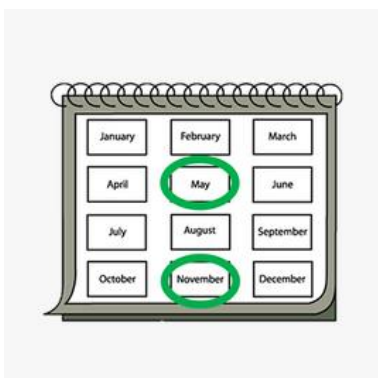


**But**

You can stop teeth problems



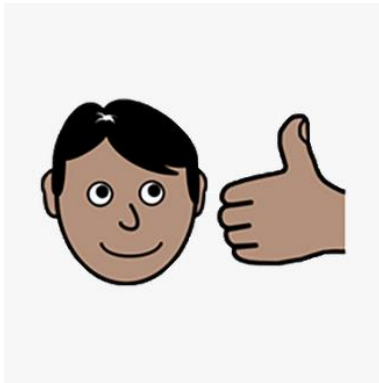
Go to your dentist.



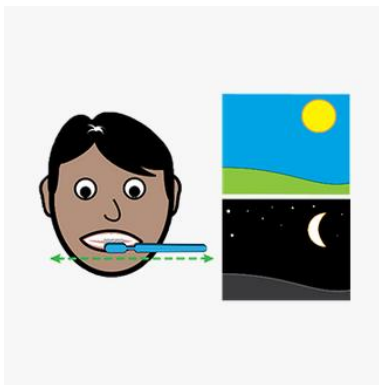
Go 2 times every year. Like

- March
- **and**
- September

## Look after your teeth



It is important to look after your teeth.



Brush your teeth

- in the morning
- **and**
- before you go to bed



Floss your teeth.

Do this before you brush your teeth.



Stop smoking.



Try to eat less

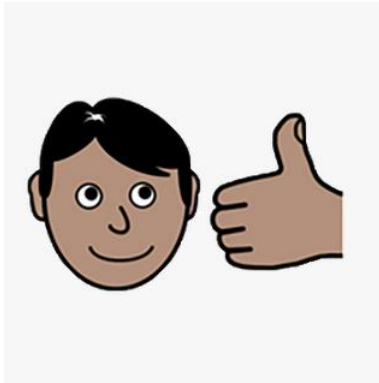
- sweet foods
- soft drink
- juice



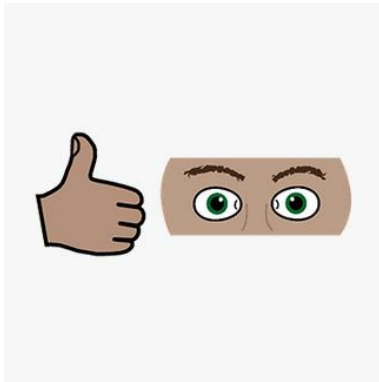
It is OK to have these foods when you have low blood sugar.



## Diabetes and your eyes



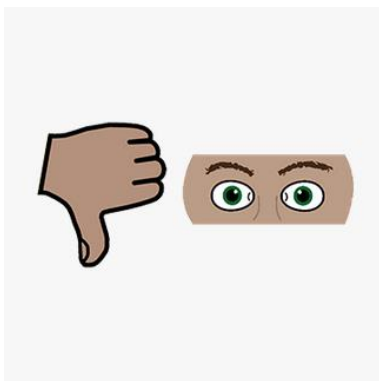
It is important to look after your eyes.



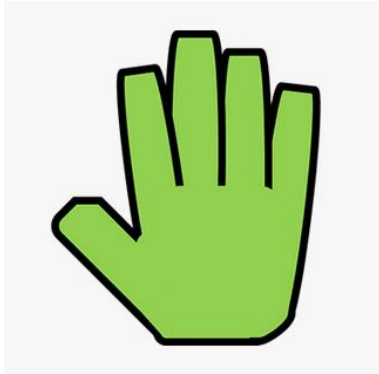
Your eyes need blood.



High blood sugar hurts your eyes.

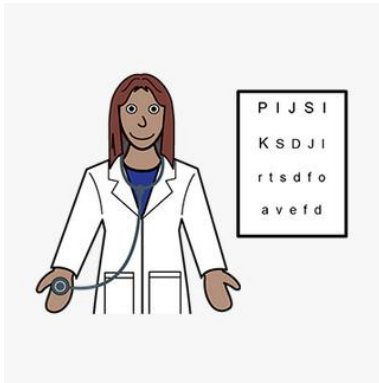


It can make it hard to see.



**But**

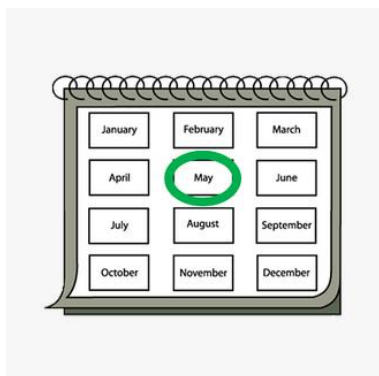
You can stop eye problems



Talk to your eye health worker.

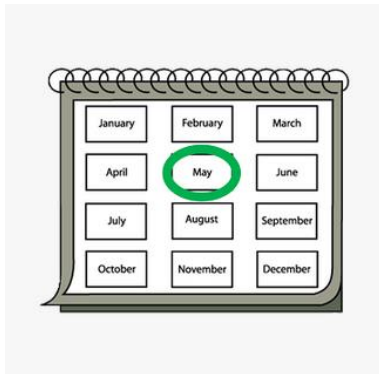
They are called

- optometrists
- ophthalmologists

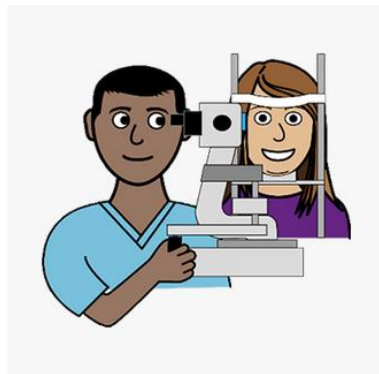


**Do this every year.**

## Look after your eyes



Get your eyes checked every year.

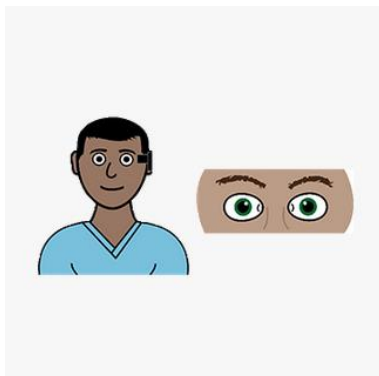


It can be an

- eye doctor. They are ophthalmologists

or

- eye health worker. They are optometrists



They will

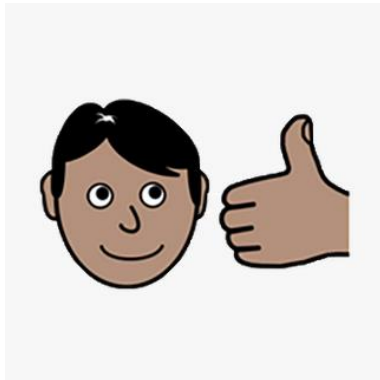
- look at your eyes
- talk to you about ways to look after your eyes

You can also

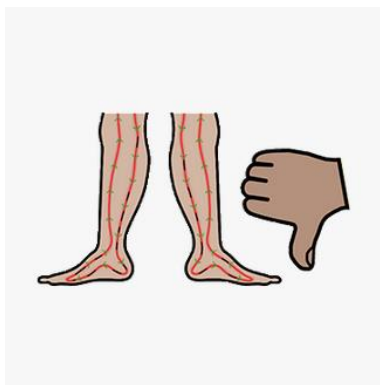


- stop smoking
- look after your blood sugars

## Diabetes and your feet



It is important to look after your feet.

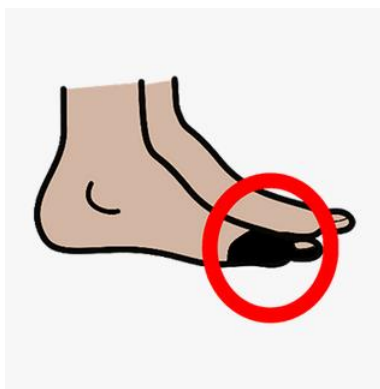


Your feet need blood.

Diabetes makes it hard for blood to get to your feet.



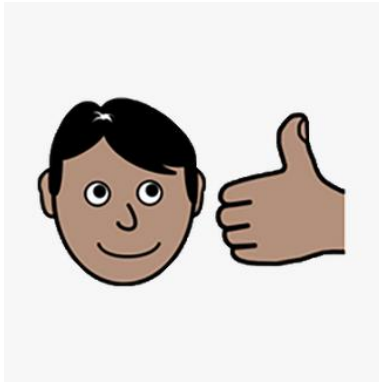
When your feet get less blood you can get sores.



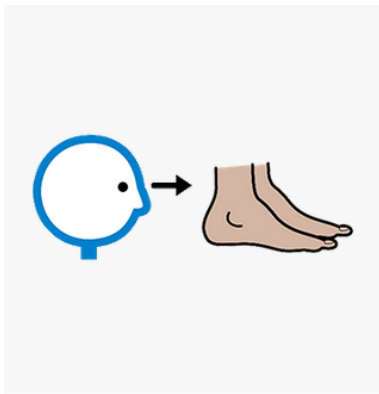
Parts of your feet can die. Doctors have to take away the parts that are dead. This is in an operation.

Talk to your doctor about your feet. There are special health workers for your feet. They are podiatrists.

## Look after your feet



It is important to look after your feet.



Your feet may not hurt..

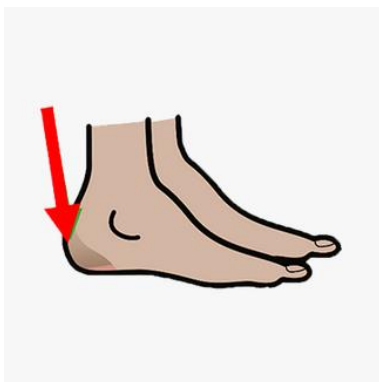
**But**

Look at your feet every day.

**Look for**



- sores
- red skin



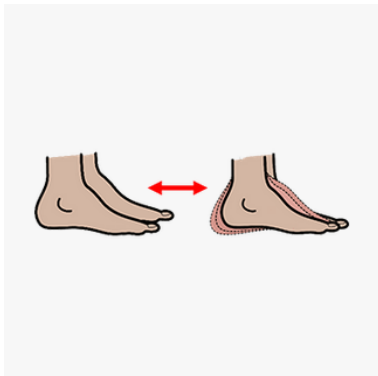
- broken skin
- or
- cracked skin



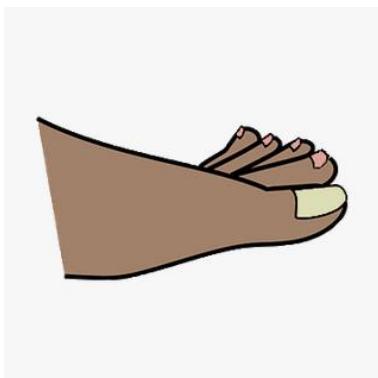
### Other things to look for

Check the skin

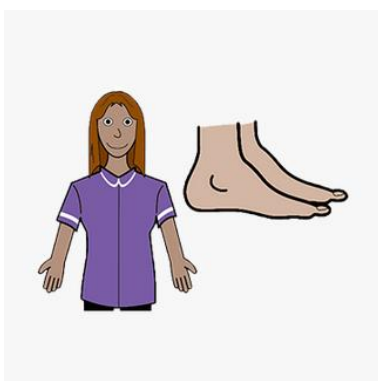
- on your toes and your heel
- between your toes
- hard parts on your feet



- your feet can look different
- they look different to yesterday
- your feet may feel tight in your shoes



- your toe nails can look different

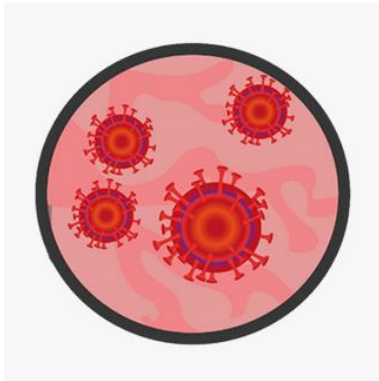


**You should see a foot health worker.**

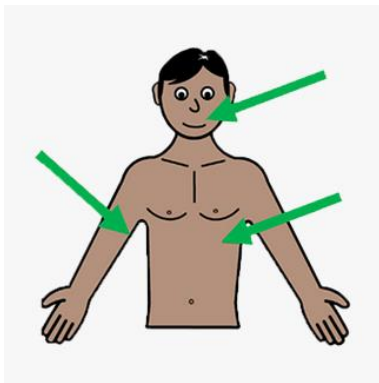
They are called a podiatrist.

You should do this every year.

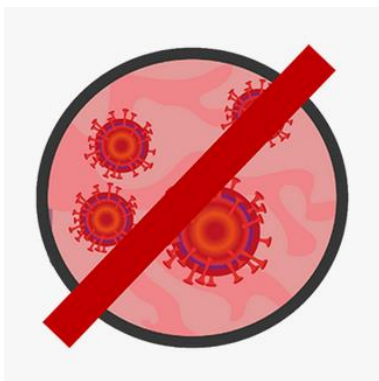
## Diabetes and your skin



Germs can get into your body.  
They can hurt you.

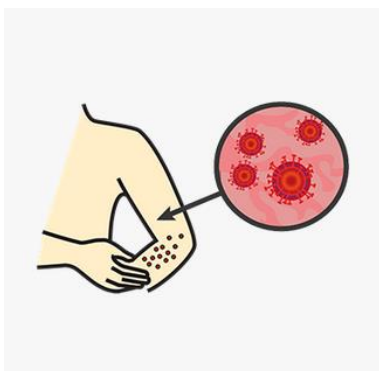


Healthy skin stops the germs.



The germs can **not** get into your body.

### But



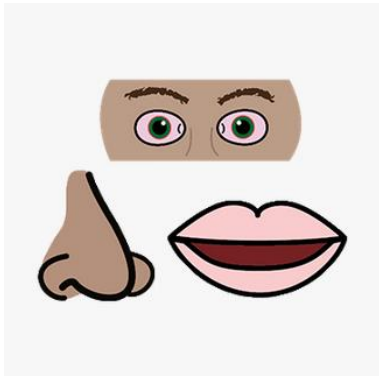
You may have dry skin.  
Germs can get into your body.  
This is an infection.  
You can get very sick.

## Look after your skin



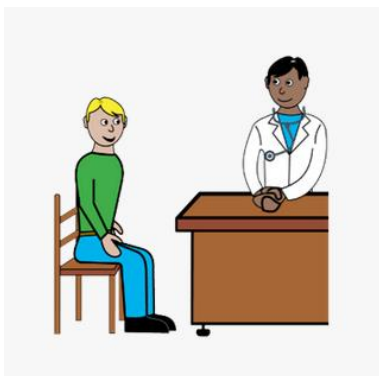
Cream helps your skin.

You must put cream on every day.



You can also have

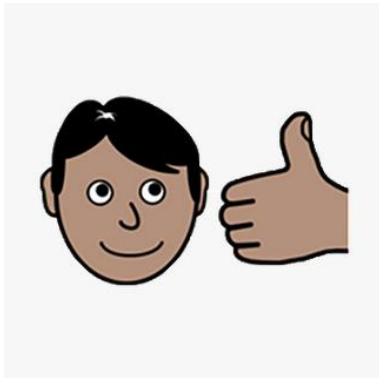
- dry eyes
- a dry mouth
- a dry nose



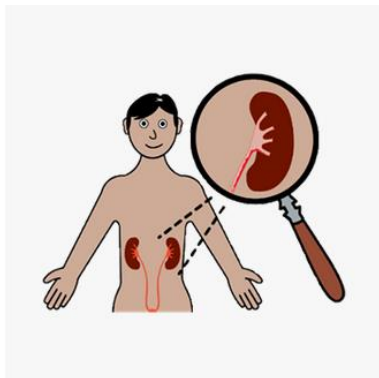
Talk to your doctor. They can help you with your dry skin.



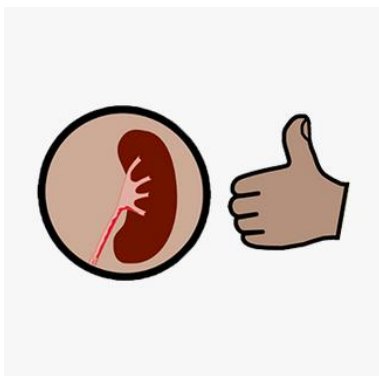
## Diabetes and your kidneys



It is important to look after your kidneys.



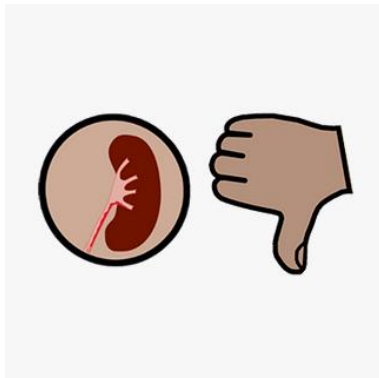
You have 2 kidneys.



Kidneys take bad things out of your blood.

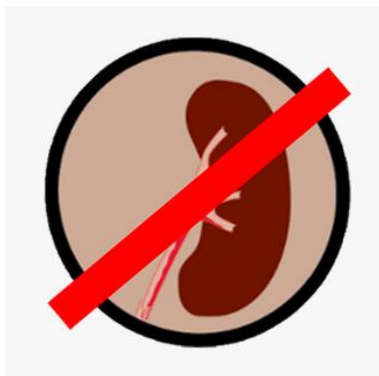


You may have high blood sugar for a long time.



This is hard for your kidneys.

Your kidneys can not take all the bad parts from your blood.

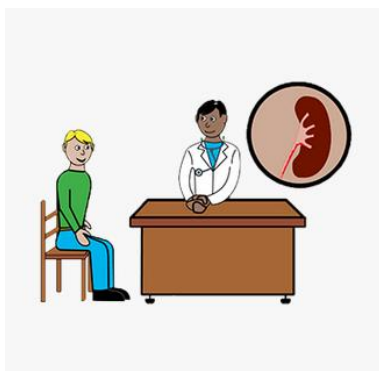


Your kidneys stop working.

They do not take the bad things from your blood.

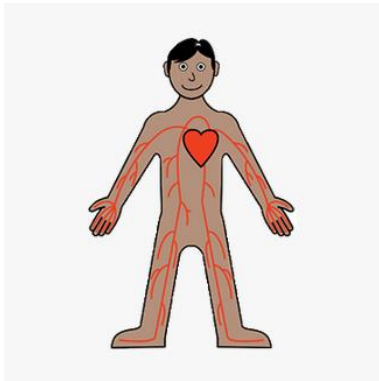


You can do things to look after your kidneys.

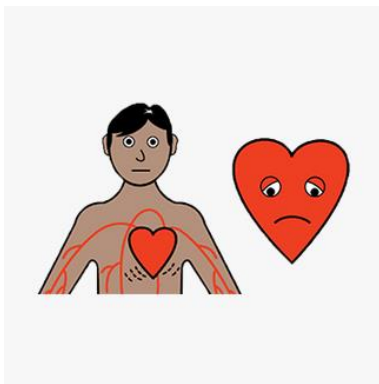


Talk to your doctor.

## Diabetes and your heart

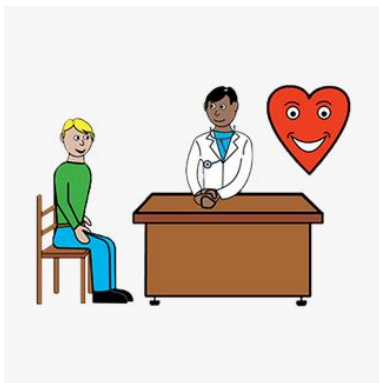


Your heart moves blood around your body.



High blood sugar hurts your heart.

Your heart must work a lot more to move your blood.



Talk to your doctor.

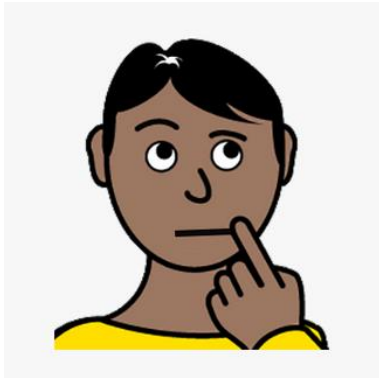


They will check your

- blood
- weight
- blood pressure

**Do this every year.**

## Diabetes and your feelings

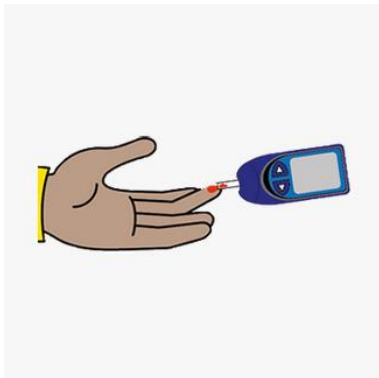


Having diabetes can mean doing new things.

Like now you must



- take diabetes medicines



- check your blood sugars

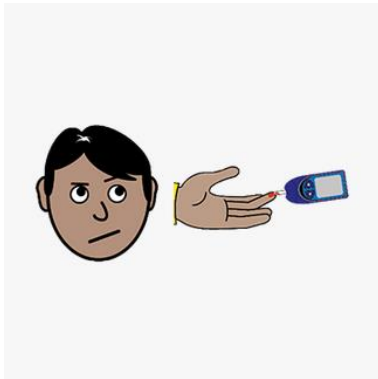
**Now you also**



- eat healthy or
- make changes to the food you eat.  
like eating
- more low GI carbs
- more vegetables

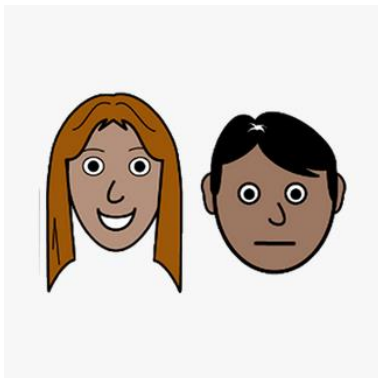


- do exercise



- think about your diabetes

**Making changes can make you feel**



- good
- okay

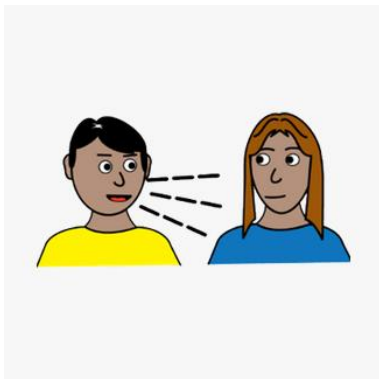
or



- sad
- bad
- worried



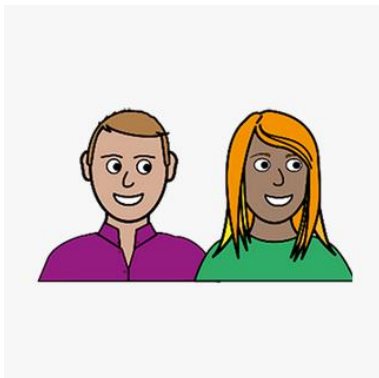
It is OK.



Talk to someone you trust.

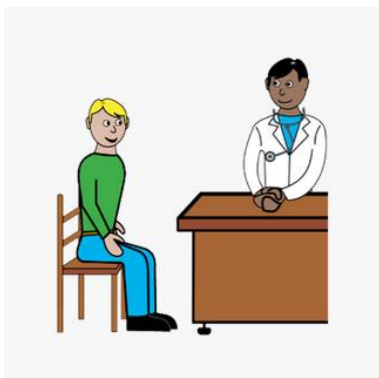
It might help you feel better.

**You can talk to**



- friends
- family members

**or**



- your GP.

