

VI. Complications of Uncontrolled Diabetes

1. Diabetic Coma or Ketoacidosis

This condition is a result of accumulation of ketones in the blood due to very high blood glucose levels. Signs of Ketoacidosis are nausea, vomiting, stomach cramps, deep and labored breathing, intense thirst, and fruity smelling breath. Ketones are the by-products of fat break down, and excessive levels can lead to coma and death. Ketoacidosis can be prevented by keeping blood glucose levels in control.

2. Infections

Diabetes increases susceptibility to infections of the mouth, urinary tract, vagina, foot, and skin.

3. Diabetic Neuropathy

Nerve damage can cause a variety of symptoms such as sexual impotence, tingling sensations, severe pain, or loss of sensation in the hands and feet, and problems with digestion.

4. Circulatory and Cardiovascular Complications

People with diabetes have an increased risk for heart disease and stroke. Decreased circulation to the limbs may lead to gangrene in the toes and feet, resulting in amputation.

5. Diabetic Retinopathy

Weakened or damaged blood vessels in the eye can dim vision and cause blindness.

6. Kidney Failure

High blood sugar levels may cause changes in the tiny blood vessels in the kidneys. Over time, kidney damage can occur.