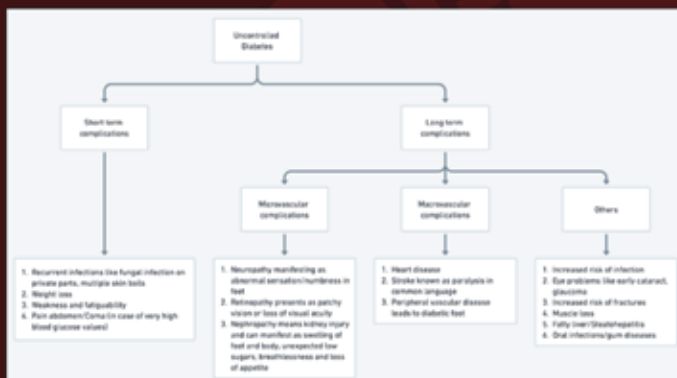


COMPLICATIONS OF DIABETES MELLITUS

What are the complications of diabetes?

Uncontrolled diabetes can lead to complications affecting multiple body organs in both short term and long term. Diabetes, when not well controlled, causes damage to all body organs and processes by either affecting them directly or by interfering with blood supply to them. An overview of these complications is represented in the following image.



What are the chances that I would suffer from complications if I have diabetes?

Complications of diabetes depends on status of diabetes control and duration of diabetes. In general, chances of having one or more diabetes complication would be 30-50% after 10 -15 years of diabetes, especially when poorly controlled.

What can I do to ensure that these diabetes complications are avoided in my case?

Best way to minimise the chances of developing diabetes complications would be to not only keep blood glucose values under control but also the blood pressure and cholesterol. Adhering to the following would help:

1. Try to achieve targets:
 - a. A1C: < 7% (in general. Target needs to be individualised for each person)
 - b. Blood Pressure: <140/90 mmHg
 - c. Cholesterol LDL 70-100 mg/dl (lower levels may be needed with heart disease)
2. Be regular with all your medicines
3. Keep a schedule for all your health appointments
4. Be regular with your lifestyle routine (Diet and Exercise)

FOR MORE INFO VISIT

<https://endocrinesocietyindia.org/>

Should I be expecting some specific symptoms as warning for these complications?

Complications of diabetes are very slowly progressive and they are asymptomatic in most of the patients till the very advanced stage. All major guidelines across the world recommend screening tests on annual basis for early detection of these complications. Early detection leads to better management and outcome of these complications. A list of measures/investigations required for screening on an annual basis are:

Targeted Complication	Test/Examination	Nature of test	Additional Comments
Retinopathy Eye complication	Fundus examination	Automated with fundus camera or doing fundoscopy by doctor	
Diabetic Foot/Neuropathy/Peripheral vascular disease	Examination for deformity, nerve sensation, Testing for blood supply	Clinical examination using VPT (Vibration perception threshold) and doppler machine.	Also includes testing for foot sensations and blood flow.
Kidney Disease	Serum Creatinine, urine for microalbumin	Blood and urine test	
Heart Disease	Electrocardiogram (ECG), Lipid Profile	ECG machine, Blood test	Use of tests like TMT/Stress Echo is not recommended on routine basis
Liver Disease	Liver function test	Blood test	

Can these complications be reversed once they have happened?

Unfortunately, diabetes complications are largely irreversible. However, a rigorous medical supervision and care can limit the impact and extent of these complications.