

# Diabetes Can Raise Your Risk of Other Conditions

If you have diabetes, you may be more likely to develop complications that can hurt your health, especially if your condition is not under control. These conditions can be serious, so it's important to make the lifestyle changes and get the screenings you need to prevent or delay the onset of these problems.

Poorly controlled diabetes, when combined with high blood pressure and high cholesterol, can increase your risk of:

- Eye disease
- Foot ulcers and foot infections
- Heart attack
- Kidney disease (diabetes is the most common cause of kidney failure)
- Nerve damage
- Stroke

You can reduce your risk of complications from diabetes by getting preventive care including:

- Regular readings of your blood sugar (with an A1C test), blood pressure, cholesterol, kidney function and weight.
- Reviewing your medications and discussing recommended lab tests with your doctor.
- Getting an annual diabetic eye exam and a foot exam.

Be sure to tell your doctor if you are having any symptoms.

You can take care of your diabetes by:

- Avoiding tobacco use
- Carefully choosing your meals
- Checking your blood sugar regularly
- Following an optimal diabetic diet
- Getting regular physical activity
- Keeping up with routine care, including recommended immunizations
- Learning about your diabetes

Horizon Blue Cross Blue Shield of New Jersey can help you get the care you need when you need it; visit [HorizonBlue.com/doctorfinder](https://HorizonBlue.com/doctorfinder) if you need help finding in-network care.

Source: Horizon BCBSNJ

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