

D: LONG-TERM COMPLICATIONS

Effect on circulation

The small and large blood vessels can all be damaged by blood sugar being too high for a prolonged period of time, which can lead to:

- + Reduced blood circulation
- + Poor wound healing
- + High blood pressure
- + Tissue damage
- + Blood clots
- + Nerve inflammation
- + Strokes

The figure shows the consequences of circulatory problems. Other consequences could be:



Gastrointestinal problems



Sexual dysfunction
Impotence



Numbness/pain in the hands



Blood pressure drops
when standing up



Frequent skin /urinary tract infections

Eyes

- + Reduced vision, blindness

Heart

- + Ischaemia (pain)
- + Blood clots
- + Heart failure

Kidneys

- + Reduced kidney function

Feet

- + Reduced bloodcirculation
- + Foot infections/sores
- + Loss of sensitivity
- + Pain
- + Charcot foot

