



YOUR BODY ON DIABETES

Left untreated or unmanaged, diabetes can do a number on your body. Control your diabetes and start the healing for you and your family.

High blood sugar damages blood vessels and increases risk of stroke.



High blood sugar damages blood vessels and can cause blurred vision or blindness.



High blood sugar increases risk of dental infections.



Diabetes increases cholesterol—making the heart work harder to pump blood.



Diabetes increases risk of high blood pressure that can damage kidneys or cause a stroke.



Uncontrolled diabetes damages kidneys and could require dialysis to live.



High blood sugar damages blood vessels and can lead to increased risk of amputations.



Damaged nerves cause numbness, pain and weakness in extremities.



Be a warrior for you and your family by controlling your diabetes.

American Indians are at increased risk of complications from diabetes, but there is something you can do about it.

GET THE HELP YOU DESERVE

This is a body with uncontrolled diabetes, but this doesn't have to be *your* body. You can prevent this.

- Get you and your family tested for diabetes
- Control your diabetes by attending routine exams (eye, dental, foot), getting labs drawn, and attending education with your healthcare professional
- **Schedule an appointment with your doctor today**

You have the power to manage diabetes. Take care of yourself and your diabetes, for you and your family. Be present for future generations.

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“With the Creator’s help, we can go forth every day and walk a sacred circle of life. The walk at times might be hard, but we can do it, one step at a time”

RONNIE DIXON
TE-MOAK TRIBE OF THE WESTERN SHOSHONE

Just as you would respect your Elders, respect your body given to you by the Creator.

DON'T WAIT – TALK TO A DOCTOR TODAY.
Learn more at sduih.org or diabetes.sd.gov

PLACE LOCAL INFO HERE

