

Complications of Diabetes

www.michigan.gov/healthymichigan

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In Michigan:

Diabetes caused:

- 68,224 hospital admits for Heart disease
- 8,741 hospital admits for strokes
- 75% of all non-trauma amputations ⁽²⁾

\$8 Billion was spent on treating diabetes in Michigan in 2011
(2)

Complications can be avoided if you keep diabetes in control!

Diabetes is a circulatory disease that left unchecked and out of control can ravage every system and part of the body. ⁽¹⁾

Major Complications

- Heart disease
- Kidney disease
- Blindness
- Amputations

More Complications

- Depression
- Oral health (gum disease)
- Digestive disorders
- Hearing loss

Diabetes Self-Management Education (DSME) helps prevent or delay complications of diabetes and manage health care costs

Diabetes is controllable through self-management and healthy lifestyle choices. ⁽²⁾

- **IF YOU HAVE DIABETES – GET EDUCATED**
- **CONTINUE TO SUPPORT HEALTHY AGING FUNDING FOR DIABETES**

Resources to find diabetes programs:

American Diabetes Association: www.diabetes.org
Michigan Department of Community Health (MDCH)
www.michigan.gov/mdch
American Association of Diabetes Educators:
www.diabeteseducator.org



Diabetes Partners in Action Coalition (DPAC) info@dpacmi.org

Citations

1. American Association of Diabetes Educators. *Managing Diabetes: Complications and Comorbidities*. Chicago, IL: Ascend Integrated Media and American Association of Diabetes Educators; 2011.
2. Michigan Department of Community Health .Diabetes in Michigan Update – 2013. Available at http://www.michigan.gov/documents/mdch/Diabetes_in_Michigan_2013. Accessed September 21, 2013.