

# THE PROGRESSION OF DIABETES

## What happens when you decide not to manage your type 2 diabetes?

Diabetes is a progressive disease and making some simple choices can drastically change your outcome if addressed early. Ignoring type 2 diabetes is life threatening!

## Unmanaged type 2 diabetes leads to:

- Fat build-up in your liver also known as fatty liver disease
- Eye diseases like cataracts and glaucoma, retinopathy, possibly blindness
- Nerve damage and skin infections that may require limb amputation
- Heart damage doubling the risk of heart attack and stroke
- Kidney damage requiring regular dialysis and possibly a transplant
- Irreversible erectile dysfunction
- Dental problems such as gum disease and mouth ulcers
- Increased odds of getting Alzheimer's disease

Talk to your doctor and manage your type 2 diabetes to live a long and healthy life!

