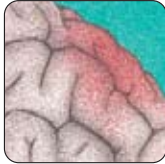


Understanding Diabetes

Complications of uncontrolled blood sugars

Stroke



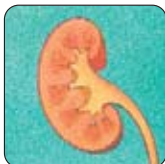
Eye disease



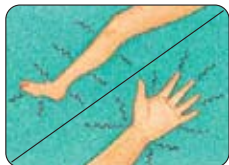
Heart disease



Kidney disease



Neuropathy

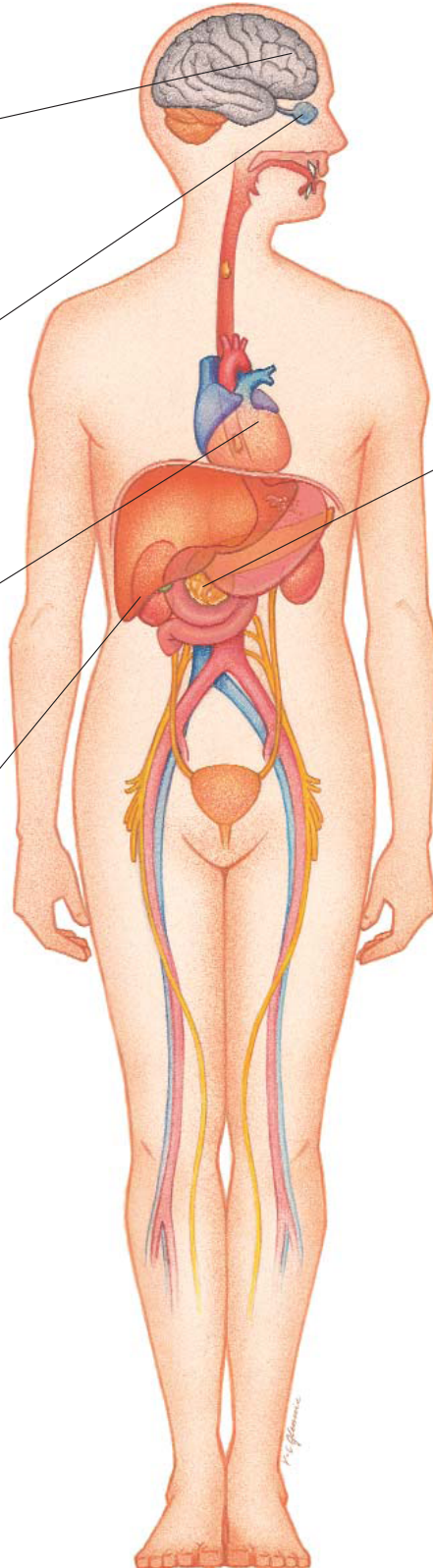


Tingling & burning pain

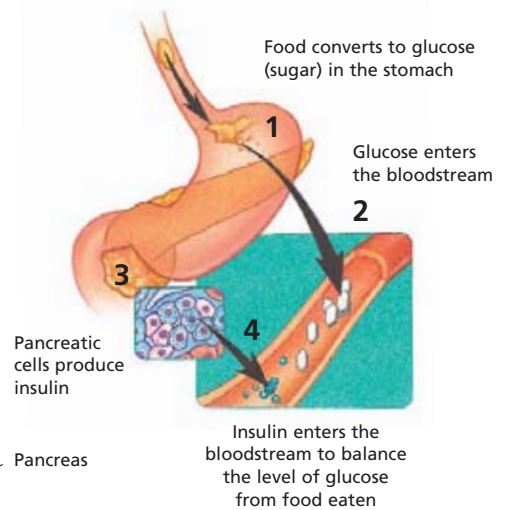
Vascular insufficiency



Gangrene of toe & ulcer

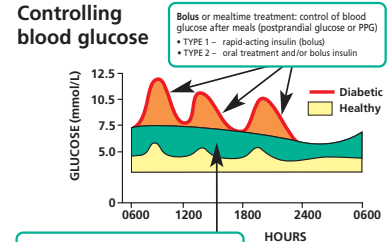


What happens at mealtime



A healthy pancreas produces insulin. With too little or no insulin, glucose builds up and causes hyperglycemia (high blood sugar).

Controlling blood glucose



Recommended glycemc control targets

	A1C	FPG (Pre-Breakfast or "Fasting Plasma Glucose")	PPG (2 hour post-meal or "Postprandial Plasma Glucose")
Target for most patients	≤ 7.0%	4.0 to 7.0 mmol/L	5.0 to 10 mmol/L (5.0–8.0 if A1C targets not being met)

Adapted from the Canadian Diabetes Association 2008 Clinical Practice Guidelines.

