

COMPLICATIONS AND COMORBIDITIES IN PEOPLE LIVING WITH DIABETES (PWD)

Diabetes can affect every organ system in the human body. The extent of potential organ damage depends largely on its duration and successful management



MENTAL HEALTH

- PwD are **2-3X** more likely to experience **DEPRESSION** than people without diabetes

BRAIN

- PwD are **1.5-2X** more likely to have a **STROKE** than people without diabetes
- T2D has been associated with **neuropsychological dysfunctions, dementia, Alzheimer's disease** and **Parkinson's disease**

OTHER CONDITIONS

- **1/5** of people living with cancer have diabetes
- PwD are at **heightened risk** of developing **serious and more deadly forms of infections**, including COVID-19
- Diabetes is also associated to **hearing loss, lung diseases, non-alcoholic fatty liver disease, sexual dysfunctions, infections** and **obesity**

PERIPHERAL NERVES

- **About 1/3 of PwD** develop **foot ulcers**, of whom approximately **50%** will become **infected** and **20%** **amputated**
- **Up to 1/2 of PwD** develop **PERIPHERAL NEUROPATHY**

EYES

- **1/3 of PwD** develop **DIABETIC RETINOPATHY (DR)**
- DR can develop into **DIABETIC MACULAR EDEMA**, leading to **vision impairment** and **blindness**

HEART

- **1/3 of PwD** develop **CARDIOVASCULAR DISEASES**
- PwD are at **increased risk** of having a **HEART ATTACK** and **>2X** more likely to develop **HEART FAILURE** than people without diabetes
- **HYPERTENSION** is **twice as frequent** in PwD than in people without diabetes

KIDNEYS

- More than **1/3 of PwD** develop **KIDNEY DISEASE**
- **Diabetes/+ hypertension** cause **80%** of **END-STAGE RENAL DISEASE**

DIABETES AND PREGNANCY

- **GESTATIONAL DIABETES (GDM)** is associated with multiple **adverse pregnancy outcomes**
- **GDM** increases the risk for the mother and the child to develop **T2D** in later life

