

# How does high blood sugar affect my body?

## Muscle & Skeletal System

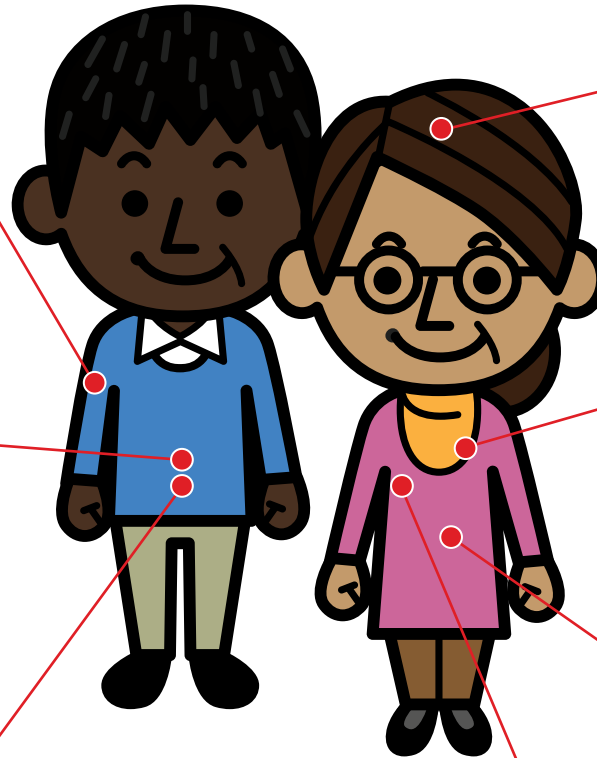
- **Bones** – can affect the blood circulation and flow of calcium, which will lead to osteoporosis (fragile bones).
- **Muscles** – can damage blood vessels in the muscles, which leads to muscle weakness.

## Digestive System

- **Mouth** – gum infections and poor dental care can cause high blood sugar.
- **Stomach & Intestines (digestion)** – can damage small nerves in the stomach causing nausea, vomiting, diarrhea, constipation and poor appetite.

## Urinary System

- **Kidneys** – can damage the small blood vessels in the kidneys leading to problems with kidney function and kidney failure.
- **Bladder** – high blood sugar can cause problems with bladder control & infections.



## Nervous System

- **Brain** – can damage the large blood vessels causing stroke or death.
- **Spinal Cord & Nerves** – can cause nerve damage to many parts of the body.
- **Hearing** – can cause loss of hearing.

## Circulatory System

- **Heart** – can damage the large blood vessels in the heart causing heart disease and heart attack.
- **Arteries & Veins** – can damage the small blood vessels that send blood and oxygen to all the organs.

## Digestive System – Helpful Organs and Glands

- **Liver** – stores energy from the food eaten and turns the energy into glucose (sugar) when the body needs it to feed the cells.
- **Pancreas** – makes insulin, which helps glucose (sugar) get into the body cells.

## Respiratory System

- **Lungs** – smoking and high blood sugar levels can damage the lungs, which results in poor circulation problems.

## Reproductive System

- **Females** – can cause vaginal dryness and painful intercourse.
- **Males** – can cause erectile dysfunction.