

## DIABETES

# Diabetes & Nerve Damage



Over time, high blood sugar can damage the coating of your nerves. This happens very slowly. You can have nerve damage and not know it because you can't feel it.

## PROBLEMS CAUSED BY HIGH BLOOD SUGAR

- You can lose feeling or get a burning in your feet, arms or hands.
- Nerve damage in the feet is a main reason why people lose their toes, feet or legs.
- It can cause sores, due to the numbness. You could have open sores which lead to bad infections that prevent the sore from healing.
- It can cause problems swallowing, going to the bathroom, or having sex.
- It can make you sweat more. This makes it hard to tell when your sugar is low.

## WAYS TO PREVENT DAMAGE FROM HIGH BLOOD SUGAR

- Have your doctor check your feet each time you visit. Always remove your shoes and socks to remind the doctor to check them.
- Keep your blood sugar as close to normal as you can (70 to 120). This will prevent nerve damage and decrease nerve pain.
- Exercise will help keep your nerves in good shape. Ask your doctor which exercises are best for you.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមានសម្រាប់ប្រើប្រាស់ជាភាសាខ្មែរ និងក្នុងទម្រង់អូឌីយ៉ូ តាមរយៈការទូរស័ព្ទទទួលបានសេវាសម្រាប់មនុស្សមានការបំប្លែងស្តីពីការស្តាប់លេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).