

Living with Diabetes?

Be on your toes
and keep your eyes open





4 individuals with diabetes undergo FOOT AMPUTATIONS every day

Poorly controlled diabetes can lead to FOOT COMPLICATIONS

What are diabetic foot complications?

If you have diabetes, you are at risk of developing diabetic foot complications.

Diabetic foot complications include:



Nerve damage

which can make your foot feel numb and change its shape, increasing your chances of getting calluses and wounds



Extremely poor blood circulation

which prevents wounds from healing properly, resulting in an infection. An amputation may be required to save your life.



1 in 3 individuals with diabetes suffer from **EYE DISEASE**

Poorly controlled diabetes
can lead to **PARTIAL OR
COMPLETE VISION LOSS**

How can diabetes affect my eyes?

Diabetes can damage the blood vessels in your eyes, especially if your condition is poorly controlled.

What you will see if you have:



Normal Vision



Vision with diabetic eye disease

PREVENTION of diabetic complications is possible

What should I do?

Go for a diabetic foot and eye screenings at least once a year to detect complications and seek early treatment.

What happens during screening?



Eye screening

A vision test will be conducted, and a trained healthcare professional will take a photo of your eyes using specialised equipment.



Foot screening

Your feet will be examined with specialised equipment and a trained healthcare professional will share tips on caring for your feet.



For more information about diabetes, please scan the QR code

**Speak To Your GP Today
To Find Out More!**



Nurse Counsellors can support you

Read on to find out how Mr K. Henry, in his 40s, managed his diabetes with a nurse counsellor.

Based on a real life story



As a chocolate lover, Mr Henry was addicted to the sugar rush. He became easily agitated and cranky when he had to cut down on his intake after being diagnosed.



With support from the nurse counsellor, they explored alternatives to replace the sugar. Together, they set small targets to progressively replace chocolate with portions of fresh fruits.



The nurse also checked-in with Mr Henry regularly to understand and work through his concerns. Mr Henry felt motivated and knew that he was not alone.



Over time, Mr Henry's blood sugar levels dropped as he diligently followed his care plan.

The Heart of Care



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The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.