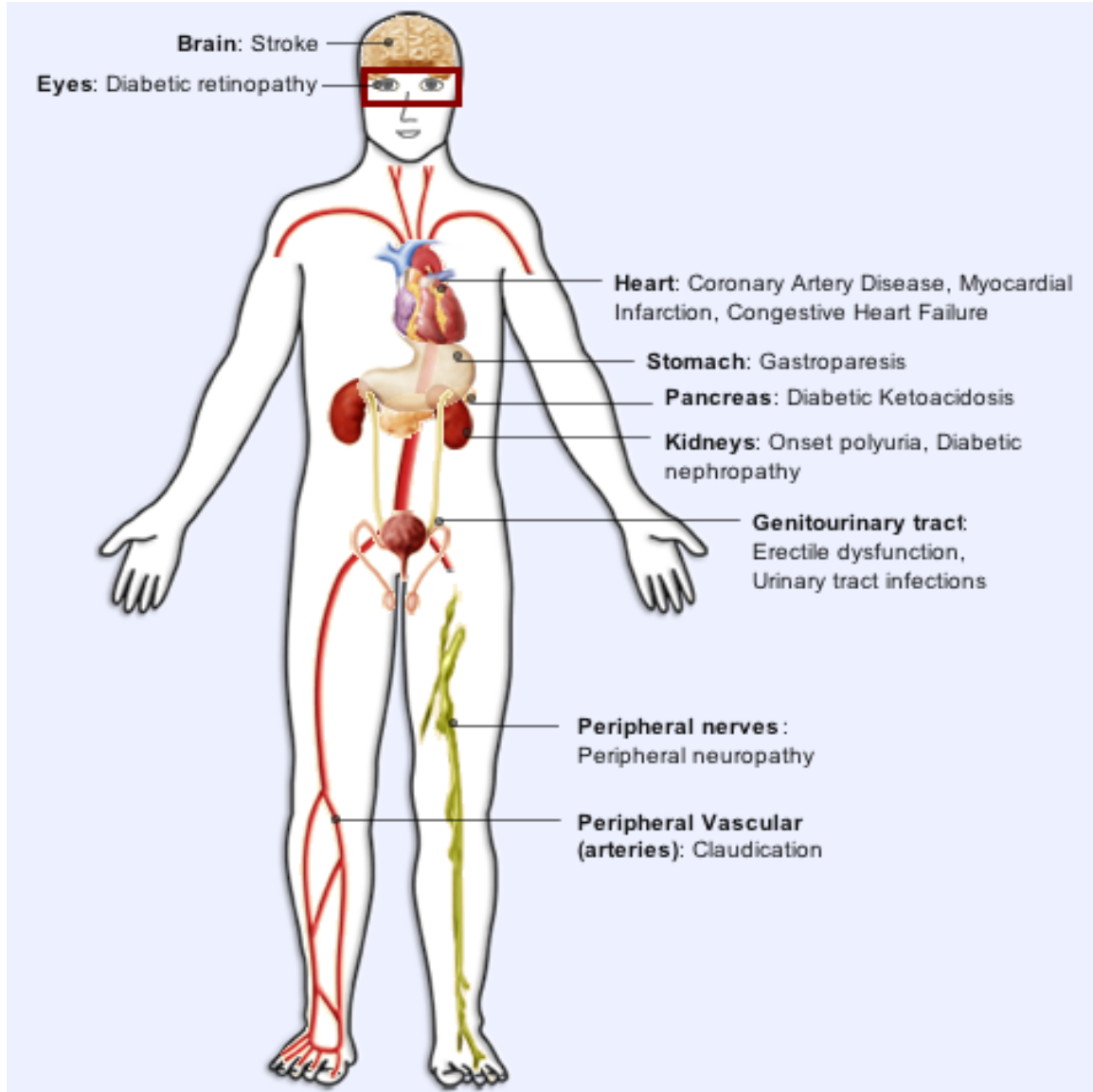


Complications of Diabetes: Organs Involved



These timelines depict the rough progression of complications in **poorly controlled** type 1 and type 2 diabetes mellitus. Also indicated are the time points at which screening for certain complications is recommended.

Type 1

Diagnosis: *Organs highlighted – Kidneys, Pancreas*

- Polyuria/polydipsia can signal diabetes onset
- Diabetic ketoacidosis may be the presenting feature of diabetes

5 years: *Organs highlighted – Eyes, Nerves, Peripheral Vascular (Arteries), Kidneys*

- Microalbuminuria begins
- Annual foot exams, eye (including retinal) exams, and urine screening exams should begin

10 years: *Organs highlighted – Eyes, Kidneys*

- 60% of people with poorly controlled diabetes have retinopathy at this point
- Overt nephropathy may be present

15 years: *Organs highlighted – Eyes, Cardiovascular*

- Blindness resulting from diabetic retinopathy may occur
- Cardiovascular complications become symptomatic

20 years: *Organs highlighted - Kidneys*

- End-stage renal disease may occur after years of nephropathy

Anytime: *Organs highlighted – Pancreas*

- Diabetic ketoacidosis may occur, especially with infection or non-compliance with insulin regimen

Life Expectancy: *Organs highlighted – n/a*

- Due to the complications of the disorder, life expectancy is 7 to 10 years shorter for people with poorly controlled diabetes than for people without it.

Type 2

Diagnosis: *Organs highlighted – Nerves, Peripheral Vascular, Eyes, Kidneys, Cardiovascular*

- Many people with type 2 diabetes remain unaware that they have it for quite some time. Thus, organ damage may be present at the time of diagnosis.
- Peripheral neuropathy or claudication may be the presenting feature of type 2 diabetes
- Microalbuminuria may be present
- 50% have high blood pressure
- Annual foot exams, eye (including retinal) exams, and urine screening exams should begin

10 years: *Organs highlighted – Genitourinary*

- 50% of men with poorly controlled diabetes have erectile dysfunction at this point

20 years: *Organs highlighted – Kidneys*

- End-stage renal disease may occur after years of nephropathy

Anytime: *Organs highlighted – Cardiovascular, Kidneys*

- Nephropathy and cardiovascular complications may occur at any time

Life Expectancy: *Organs highlighted – n/a*

- Due to the complications of the disorder, life expectancy is 7 to 10 years shorter for people with poorly controlled diabetes than for people without it