

# DIABETES increases risk of serious COVID-19 illness



PLATINUM  
HEALTH

Uncontrolled elevated blood glucose levels suppress the immune system and allows invading viruses and bacteria to multiply, including the coronavirus.

If diabetes is not treated or controlled, it can have devastating health effects on your body.

## THE FOLLOWING ARE COMMON COMPLICATIONS OR SIDE-EFFECTS OF DIABETES:

- Stroke
- Blindness
- Cataract
- Heart disease
- Kidney failure
- Blocked arteries of the limbs
- Amputations
- Erectile dysfunction

## IT'S TIME TO MAKE LIFESTYLE CHANGES IF ANY OF THE BELOW RISK FACTORS APPLY TO YOU:

- Unhealthy eating habits.
- Inactive lifestyle.
- Family history of diabetes.
- Increasing age.
- Being overweight.

## MANAGING AND PREVENTING DIABETES

- Watch what you eat – balance meal portions, don't skip meals and avoid extreme diets. Also, drink more water!
- Stop smoking.
- Become active.
- Maintain a healthy diet.
- Manage stress levels.

## PATIENTS WITH UNCONTROLLED DIABETES ARE AT HIGH RISK OF BECOMING SEVERELY ILL OR DYING IF THEY BECOME INFECTED WITH COVID-19. IT IS THEREFORE IMPORTANT TO:

- CONTROL YOUR BLOOD SUGAR LEVELS
- TAKE YOUR MEDICINES
- INJECT INSULIN



If you are concerned about your health talk to a Platinum Health Healthcare Provider for guidance.