

DIABETES MYTH OR TRUTH:

**Uncontrolled blood sugar increases
the chances of tooth decay and oral
infections.**

TRUTH!

The higher the blood sugar level, the greater the supply of sugars and acid to decay the teeth.

Preventing and treating gum disease is important. Chronic high blood sugars lower the ability to fight infection and slows healing. Infection causes blood sugar levels to rise so prevention is key!

High blood sugars can also increase the chances of oral fungal infections. Dry mouth from uncontrolled diabetes can decrease the amount of saliva you produce, which can increase the risk of tooth decay and gum disease.

DIABETES MYTH OR TRUTH:

**Losing feeling in the bottom of your
feet is nothing to worry about.**

MYTH!

Chronic uncontrolled blood sugar can cause nerve damage (neuropathy) and poor blood flow to your legs and feet. This decreases your ability to feel cuts, ingrown nails, or blisters. With diabetes, injuries are more difficult to heal and can easily lead to infections.

DIABETES MYTH OR TRUTH:

Damage to the blood vessels in your eyes can occur from high blood sugars prior to you experiencing any symptoms.

TRUTH!

Uncontrolled blood sugars can damage the small blood vessels in your eyes, and eventually lead to vision loss and blindness. This can happen prior to symptoms showing up so it is important to tell your eye doctor that you have diabetes and get a dilated eye exam every year.

DIABETES MYTH OR TRUTH:

**Uncontrolled diabetes can lead to
sexual dysfunction only in males.**

MYTH!

Uncontrolled blood sugars can damage the blood vessels and nerves needed to have an erection. Females may experience circulatory or vascular complications which can reduce lubrication, reduced response, or reduced sensation due to nerve damage. Females may also experience more frequent urinary tract and yeast infections.

DIABETES MYTH OR TRUTH:

**Feeling overwhelmed or stressed
when it comes to diabetes
management is not normal.**

MYTH!

Diabetes Distress refers to the worries, concerns and fears individuals with diabetes may experience as they work to manage their disease over time. It can relate to all of the work involved in proper diabetes management, if someone is feeling unsupported or alone, feeling overwhelmed, or feeling judged by their healthcare providers.

It is normal and it is common. Talk to your diabetes team on what supports are available for you.

DIABETES MYTH OR TRUTH:

**Poor sleep quality can affect blood
sugar control.**

TRUTH!

A condition called Obstructive Sleep Apnea has been shown to increase your risk of developing Type 2 Diabetes, as well as contribute to elevated and uncontrolled blood sugars. It also impacts blood pressure control and quality of life. Talk to your health care team about being screened. One tool used for screening is the STOP-BANG tool.

Poor sleep can also lead to poor stress management, cravings for high calorie/high sugar foods, and can impact your mental health, which can all lead to suboptimal blood sugar control.

DIABETES MYTH OR TRUTH:

**Chronic high blood pressure damages
kidneys, but not high blood sugars.**

MYTH!

Just as high blood pressure can lead to kidney damage, chronically high blood sugars can damage the small blood vessels in your kidneys. This can lead to your kidneys not filtering your blood properly. High blood sugars can also damage nerves, which can make it difficult to fully empty your bladder, which can increase your chance of infection. This can cause the pressure from your full bladder to back up and damage your kidneys.