

**Dear KC-CDC:** I have diabetes. Somebody told me I need to be worried about heart disease. Should I be talking with my doctor about my concerns? **Anxious**

**Dear Anxious:** Evidence shows that untreated diabetes carries great risks, particularly for heart disease and stroke. In addition, diabetes carries an increased risk for kidney disease as well as eye complications, which may lead to blindness. One of the most common complications of diabetes is diabetic nerve damage. This nerve damage runs throughout the body, connecting the spinal cord to muscles, skin, and blood vessels as well as the heart. So, please do contact your health care provider to help you understand the many complications of diabetes. You can also go to <http://www.diabetes.org/type-2-diabetes/complications.jsp> for more information. P.S. Now is a good time to “Take a Loved One for a Check Up” this month. If you have friends who needs to see a health care provider, please make sure they make an appointment and then offer them a ride. Sometimes, just having a friend to go with makes all the difference in the world.