

Prevention of Diabetic Short-Term Complications and Hospital Admissions



What Are the Short-Term Complications of Diabetes?

Short-term complications include frequent urination, increased thirst, blurred vision, fatigue, and headache. Diabetes is **a chronic (long-lasting) health condition that affects how your body turns food into energy**¹.

Healthy Reminders

Maintaining control of blood sugar is one of the most important things a person with diabetes can do to avoid more serious complications.

A common complication of diabetes is nerve damage. Nerve damage can cause numbness and pain. This affects the feet and legs but also your blood flow, heart, and digestive system².

There are three main types of diabetes:

- ▶ Type 1 (usually diagnosed in ages 0–40)
- ▶ Type 2 (usually diagnosed in ages 40+)
- ▶ Gestational diabetes (diabetes during pregnancy)

Diabetic complications may be prevented through the following healthy habits:

- ▶ Eating a healthy diet
- ▶ Increasing physical activity
- ▶ Checking your blood sugar regularly
- ▶ Taking medication as prescribed
 - Timely insulin injection (if applicable)
 - Timely oral medication (if applicable)
- ▶ Following doctor's orders

Getting Back to Your Best Health

After a hospital or emergency room (ER) visit, recovery can be challenging. There are many things you can do to manage your recovery. The most important is scheduling a follow-up visit with your doctor within seven days after a hospital or ER visit, unless otherwise directed.

You should have a follow-up visit with your primary care doctor within seven days of being released from the hospital. Your clinical team will try to call or contact you after you are discharged to help schedule this visit. It is helpful to bring a list of all current medications and your hospital discharge documentation to your follow-up visit.

At this visit, your doctor can:

- ▶ Determine why you were admitted to the hospital
- ▶ Diagnose any new health problems and reevaluate existing conditions
- ▶ Review old and new medications
- ▶ Refill medications, if needed
- ▶ Answer any of your health-related questions
- ▶ Talk to you about your health and your treatment plan

We're Here to Help

Your doctor may have prescribed new medications, follow-up treatment, or encouraged you to make lifestyle changes. We want to help you navigate these changes, through your recovery and beyond. **Our care management team has resources that can help you reach your health goals.**

Following your ER visit or hospitalization, your care manager can help you with many things, including scheduling your follow-up appointments and transportation assistance. They can also help keep track of your medication and help you manage multiple conditions. Annual wellness visits, virtual visits, and digital care management opportunities with your care manager are available upon request.

To learn more, or to sign up for our Case Management program, call us at 1.800.235.7111 (TTY: 711).

¹ <https://www.cdc.gov/diabetes/basics/diabetes.html>

² <https://www.cdc.gov/diabetes/managing/problems.html>