

Navigating Balance Issues and Diabetes

Maintaining balance is crucial for overall well-being, especially for individuals with diabetes. Certain diabetes-related complications can impair balance, increasing the risk of falls and injuries.

Understanding the Connection Between Diabetes and Balance Issues

- **Peripheral Neuropathy:** Nerve damage can affect sensation in the feet and legs, leading to impaired balance and coordination.
- **Retinopathy:** Vision problems caused by diabetic retinopathy can hinder depth perception and spatial awareness.
- **Vestibular Dysfunction:** Diabetes can affect the inner ear, which plays a vital role in balance and spatial orientation.
- **Hypoglycemia:** Low blood sugar can cause dizziness, lightheadedness, and confusion, increasing the risk of falls.



Preventing Falls and Maintaining Balance

- **Regular Eye Exams:** Schedule regular eye exams to monitor for diabetic retinopathy.
- **Foot Care:** Practice good foot care to prevent infections and ulcers, which can contribute to balance issues.
- **Regular Blood Sugar Monitoring:** Maintain stable blood sugar levels to minimize the risk of hypoglycemia.
- **Physical Therapy:** A physical therapist can provide exercises to improve balance, strength, and coordination.
- **Home Safety Modifications:** Remove tripping hazards, install grab bars in the bathroom, and use non-slip mats in the bathtub.
- **Assistive Devices:** Consider using a cane or walker if necessary.
- **Consult Your Healthcare Provider:** Discuss your concerns with your doctor to develop a personalized plan to address your specific needs.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We're committed to your health. Contact us today for more information.



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Website: www.advanceddiabetessupply.com

Patient Support: 1-866-422-4866

Email: customer care@northcoastmed.com



US MED

Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com