Descriptions of Diabetes-Related Complications

**Health state A (Urinary tract infection)**

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| You need to urinate frequently (including at night) and may have burning pain with urination.  |
| Your sex life may be negatively affected. |
| You have hesitancy, a slow urine stream, cloudy urine, or even hematuria. |
| You may have symptoms like back or abdominal pain, fever or chills. |
| You may need to adapt your lifestyle by drinking more water, not holding your urine, or paying close attention to hygiene.  |
| You are required to take a course of antibiotics from your doctor. You may spend a few days in the hospital if the condition is severe.  |
| You may find it difficult to talk about your condition to others. |
| You may worry about experiencing a similar condition in the future. |

**Health state B (Genital mycotic infection)**

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| You have an infection in your genital area that may be itchy or painful, or you may have discharge with a bad smell.  |
| Your sex life may be negatively affected. |
| You may need to use oral antibiotics, a suppository, or external ointment to treat this condition. |
| You may find it difficult to talk about your condition to others.  |
| You may worry about experiencing a similar condition in the future. |

**Health state C (Myocardial infarction)**

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| You have uncomfortable pressure and crushing pain in your chest, and you experience difficulty breathing. |
| You need to be taken to the hospital promptly, and you may need to stay in the hospital for several days. |
| You may need to receive cardiac catheterization therapy or other major operations. |
| You may need to stop doing intensive exercise for a while. |
| You may need to take drugs over a long period of time and visit doctors regularly. |
| You may worry about experiencing a similar condition in the future. |

**Health state D (Nocturnal hypoglycemia)**

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| You may wake up in cold sweat and feel your heart pounding. You may feel shaky, hungry, and irritable, and you may have difficulty getting back to sleep. |
| You may have nightmares, and when you wake up in the morning, you may have a headache and feel tired. |
| You may have to change your normal routine (medication or food intake) in order to prevent an event like this from happening again. |
| You feel anxious and worry about experiencing a similar condition in the future. |

**Health state E (Severe Hypoglycemia)**

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| Your blood sugar becomes so low that you are not able to handle this situation by yourself. |
| You may feel your heart pounding and feel shaky, dizzy, and sweaty. |
| When it gets worse, you may experience seizures or convulsions and may need to spend a few days in the hospital.  |
| You may have to change your normal routine (medication and/or food intake) in order to prevent an event like this from happening again. |
| You feel anxious and worry about experiencing a similar condition in the future. |

**Health state F (Amputation)**

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| You may get an infection because wounds on your leg heal very slowly. |
| You have pain in your leg and/or foot, and you have such poor circulation to that area that your leg and/or foot are cold and numb. Your toes can turn black if the condition is severe. |
| You visit the hospital to receive treatment to remove the parts that are infected or have turned black. |
| Your remaining foot or leg are sometimes numb and painful, or they may have a tingling “pins and needles feeling” or be unable to detect hot and cold. |
| You need others to help you with cleaning, dressing, and washing yourself. |
| You may be unable to walk, and you may need to use a wheelchair or get a false limb. |
| You are worried or depressed because of this condition. |

**Health state G (End-stage renal disease)**

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| Your skin may itch. |
| Your legs may feel uncomfortable at night. |
| You need to have dialysis 2-3 times per week, and each procedure usually lasts 2-4 hours. |
| You may need to make changes in your work or home life to maintain the schedule of dialysis. |
| You are attached to a machine by a needle during dialysis. The machine then filters your blood to get rid of waste products. |
| You may sometimes feel sick or tired for a few hours after you have dialysis. |
| You may need to be hospitalized to have a kidney transplant. With this treatment, you will need to take anti-rejection medications for the rest of your life and will need to visit a doctor regularly. |

**Health state H (Stroke)**

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| You cannot move an arm and/or leg on one side of your body, so you may find it difficult to write or walk. |
| You can only stand or walk a short distance with a leg brace or walking aid. |
| You may not be able to walk at all, so you may need to use a wheel chair. |
| You may not be able to climb stairs. |
| You need help to dress, bathe, use the bathroom, and eat food. |
| You may not be able to recognize people. You may no longer understand anything being said to you, and others may not understand what you say. |
| You may need a caregiver or may need to go to a nursing home. |

**Health state I (Blindness)**

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| You would not be able to read, see the TV, or drive a car. |
| You may need assistance with daily routines, such as cooking, cleaning, dressing yourself, and bathing. |
| You may feel like a burden as you become dependent on others. |
| You may experience anxiety or a lack of confidence with regards to maintaining friendships or meeting new people.  |
| You feel depressed because of vision loss. |

**Health state J (Congestive heart failure)**

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| You feel fatigue and a lack of energy. |
| You may have shortness of breath doing daily activities, such as climbing stairs or walking quickly. |
| You may have shortness of breath when lying down, and you may need to use pillows to prop up your head and chest. |
| You may need to take diuretics due to swelling. |
| You need to visit doctors regularly. |