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# Benefits News



## Diabetes Care: 10 Ways to Avoid Complications

This document is part of the PEBB November Newsletter, Diabetes Prevention and Care. To access other resources, visit the [News and Events](#) page.

There are things that you can do to avoid diabetes complications. Consider the steps below from this [Mayo Clinic](#) article to protect your health. Click each link below to go to the relevant sections of the article.

1

**Make a commitment to managing your diabetes:** Diabetes is a condition that requires regular, ongoing care.

2

**Don't smoke:** Smoking can increase your risk for developing complications related to diabetes.

3

**Keep your blood pressure and cholesterol under control:** High blood pressure and cholesterol can make managing your diabetes more difficult.

4

**Schedule regular physicals and eye exams:** These check-ups help keep track of your health and catch any problems early.

5	<b>Keep your vaccines up to date:</b> Vaccines help protect you from getting sick, which can make diabetes harder to manage.
6	<b>Take care of your teeth:</b> High blood sugar can cause gum problems, so brush your teeth, floss, and visit the dentist regularly.
7	<b>Pay attention to your feet:</b> Look for cuts or blisters, and wear comfortable shoes to keep your feet healthy and safe.
8	<b>Consider daily aspirin:</b> Some people with diabetes might benefit from taking a low-dose aspirin every day to help their heart. Talk to your doctor to see if this is a good idea for you.
9	<b>If you drink alcohol, do so responsibly:</b> Alcohol can change your blood sugar levels, so drink in moderation and keep an eye on your blood sugar.
10	<b>Take stress seriously:</b> Find ways to relax, like exercising or talking to someone, to help keep your blood sugar steady and feel better overall.

Source: [Mayo Clinic](#)

