

# Protect your health from head to toe

Diabetes can affect your entire body, seriously affecting:

- Limbs
- Eyes
- Skin
- Heart
- Kidneys
- Blood vessels
- Teeth and gums

With proper prevention and control, you can avoid these issues. Work with your doctor to prevent diabetes or be sure to follow your doctor's care plan to control it.



Visit [anthem.com/ca](https://www.anthem.com/ca) to find more information on preventing or managing diabetes.

Source: National Institutes of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, National Eye Institute, American Diabetes Association, National Kidney Foundation, National Diabetes Education Program, National Diabetes Information Clearinghouse.

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