

WHY ANTIBIOTICS ARE IMPORTANT FOR... DIABETES PATIENTS

Diabetes can increase the risk of infection, so antibiotics are an essential part of caring for diabetes patients.

What is diabetes?

- Diabetes impairs the body's ability to regulate and use sugar, leading to **high blood sugar levels**.
- High blood sugar levels **weaken the immune system**.

How can diabetes cause infection?

- High blood sugar can damage blood vessels and cause poor circulation. **White blood cells and other aspects of the immune system**, as well as nutrients that help the healing process, are less able to get where they are needed.
- Loss of sensation, particularly in the hands and feet, can make it difficult to notice small wounds that can get infected, and it is **less likely that the patient will notice signs of infection**.
- Damage to blood vessels in the eyes can cause vision problems, making it **difficult to see signs of infection**.

Antibiotics are crucial for controlling these infections and improving health.

Most diabetes patients will need antibiotics to stay healthy. Antibiotic resistance means that current antibiotics may not work. In addition, very few new treatments are being developed. This means that the health of people with diabetes may suffer because doctors might not be able to control infections.

It is VITAL that we preserve our antibiotics, minimise the spread of bacteria, and protect diabetes patients from catching antibiotic-resistant infections.

1. **Don't ask and don't expect antibiotics** for colds, sore throats, or flu—these are caused by viruses so antibiotics don't work.
2. **Only** take antibiotics given to you by your doctor and **EXACTLY** as written on the bottle and always **complete the full course**.
3. **Never** give your antibiotics to other people.

