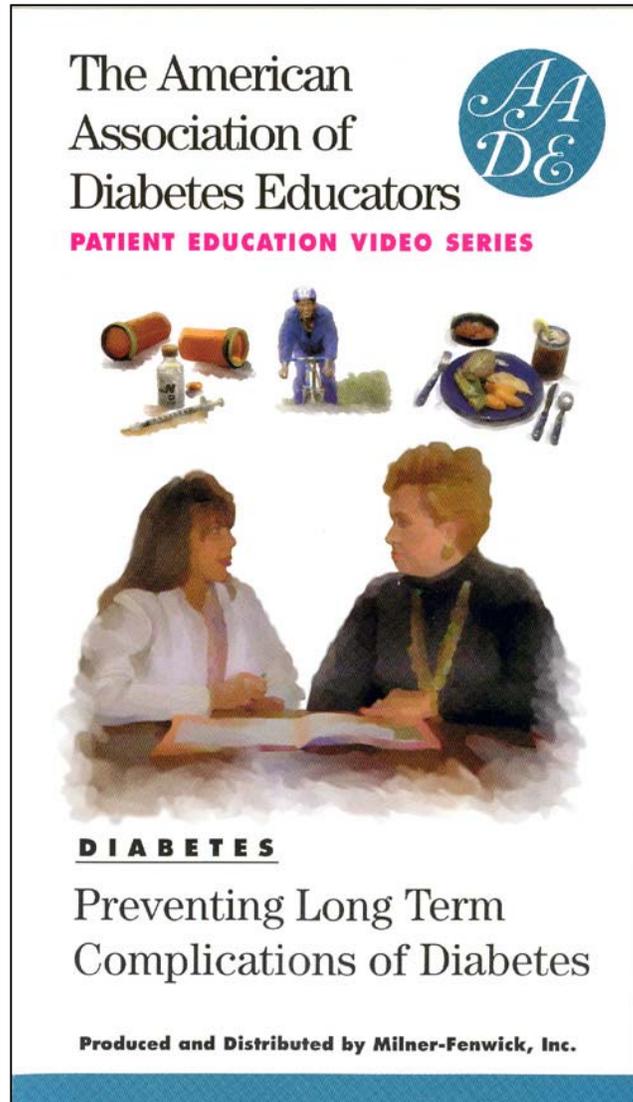


**DIABETES GUIDELINE - PATIENT SELF-CARE VIDEO  
“PREVENTING LONG TERM COMPLICATIONS of DIABETES”**



This video includes information about damage to both large and small blood vessels, updated terminology, HbA1C testing and heart disease risk factors and their relationship to diabetes. Viewers learn how high blood sugar and the associated damage to blood vessels can possibly lead to heart attack, stroke, loss of vision, kidney disease, nerve damage and amputation. Erectile dysfunction is also mentioned. This video stresses that improving blood sugar levels can help reduce risk of complications over time.

Run time: 16 minutes/45 seconds. Produced and distributed by Milner-Fenwick, Inc.  
Reorder this video from the Army MEDCOM Quality Management Tool Kit Web Page:  
[www.QMO.amedd.army.mil](http://www.QMO.amedd.army.mil)

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