

Infections and Diabetes

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If you have diabetes, you are more prone to infections. This is true for a couple of reasons. When blood sugar is high, the stage is set for germs (“bacteria”) and fungi to grow. And, with high blood sugar, your immune system does not work as well. It is not as good at fighting off infection. There are some common places on the body to look out for infections.

- Yeast infection (called “*Candida*”) in the groin or vagina
- Urinary Tract
- Gums
- Feet
- Wounds

Blood sugars that stay high make these infections more likely.

There are ways to treat these infections. Ways to treat yeast include creams or salves. There are medicines (called “suppositories”) that can be placed in the vagina. But, if your blood sugar stays high, the infection might come back. Your doctor may give you medicine (called “antibiotics”) to fight the germs. It is best to see a doctor sooner rather than later. You should treat infections right away.

*****Authored by Johns Hopkins University and Johns Hopkins Health System*****