

## What are chronic complications?

Chronic complications are serious health conditions that occur very slowly over many years due to damage to small blood vessels and nerves that supply key body organs such as the eyes, kidneys, heart, brain, mouth, the skin, and foot. The damage to these organs occurs very slowly and may not be noticeable for a long period of time until the damage is done and may become irreversible.

Achieving good blood sugar control through medications and/or strict diet and physical activity is the only way to prevent these complications.

These chronic complications are also likely to occur if there are other health conditions like high blood pressure and high blood cholesterol levels. Habits such as smoking and too much drinking also increase the risk of developing these complications significantly.