High blood pressure and diabetes silently damage your vital organs. But with daily care, you can protect them.

**Your Heart**  
High BP and sugar make your heart work harder. Over time, this raises the risk of:

* Heart attack
* Heart failure
* Irregular heartbeat

**What helps:**

* Keep BP and sugar in target ranges
* Avoid smoking, manage cholesterol, and walk or exercise daily

**Your Kidneys**  
Kidneys filter waste from blood. High sugar and pressure can scar these filters, leading to:

* Swelling in feet
* Gradual kidney failure

**What helps:**

* Regular urine and creatinine tests
* BP medicines that protect kidneys (if prescribed)
* Stay hydrated, follow a low-salt diet

**Your Eyes**  
Tiny eye vessels are sensitive to high BP and sugar. This can cause:

* Blurry vision
* Bleeding in the retina
* Vision loss if unchecked

**What helps:**

* Annual eye exams
* Control sugar, pressure, and cholesterol
* Report vision changes early

**The Bottom Line**  
You may not feel early damage, but you can prevent it. Stick to your routine, go for regular check-ups, and make steady lifestyle changes. Prevention today protects your heart, kidneys, and eyes for life.