Stay Ahead of Complications by Recognizing What’s Normal—and What’s Not

When you live with both high blood pressure and diabetes, being alert to early warning signs can help prevent heart attacks, strokes, kidney damage, or nerve problems. These conditions often progress silently—so knowing what to watch for is key.

**Warning Signs You Shouldn’t Ignore**

* **Sudden blurry vision or frequent headaches** → may signal rising BP or eye complications from diabetes.
* **Numbness or tingling in hands and feet** → could be early nerve damage (neuropathy).
* **Swollen ankles or puffiness** → may point to kidney strain or fluid buildup from high BP.
* **Frequent urination or unusual thirst** → a sign sugar levels are too high.
* **Chest pain, breathlessness, or fatigue** → could mean heart strain or low oxygen levels. Always take seriously.

**Know What’s Usual for You**  
Everyone’s body is different. What feels normal for one person may not be for another. Instead of comparing, track what’s normal for *you* and watch for changes:

* Check and write down your BP and sugar regularly.
* Notice energy levels, sleep, appetite, and mood.
* If something feels “off” for a few days, talk to your doctor.

**Act Early**  
Don’t ignore small changes. Even mild symptoms may be early clues. Catching them early gives you the best chance to prevent bigger problems later.