Avoiding Complications

Diabetes and high blood pressure don’t just affect sugar or BP readings. Over time, they can silently damage your kidneys, eyes, nerves, and heart—even without obvious warning signs.

The good news is: most complications can be prevented with simple, consistent steps.

**1. Know your numbers.**  
Check not only sugar and BP, but also cholesterol, kidney function, and eye health. Even small changes in test results may signal early damage. Regular tests are key, even if you feel fine.

**2. Follow your treatment plan.**  
Whether it’s medicines, healthy eating, or regular doctor visits—consistency matters. Missing doses or skipping check-ups can undo months of progress.

**3. Watch for warning signs.**  
Tingling in your feet, blurred vision, swelling in ankles, or unusual tiredness are early alerts. Don’t ignore them—report them quickly.

**4. Protect what matters.**

* Keep BP below 130/82.
* Aim for HbA1c <7% (or as advised by your doctor).
* Never smoke.
* Get yearly eye and urine tests.

You don’t need to be perfect. By staying alert and acting early, you can live a long, healthy life without major complications.

**Prevention is always simpler—and safer—than repair.**