## **Diabetes (DM)**

### **What Is Diabetes?**

Understand how your body processes sugar—and what happens when it doesn’t.

### **Spot the Signs Early**

Diabetes often starts quietly—knowing what to watch for can protect your health.

### **Master Your Daily Routine**

Build eating, activity, and sleep habits that lower your sugar naturally.

### **Medications & Monitoring Made Simple**

Know your treatment, track what matters, and avoid burnout.

### **Avoiding Complications**

Protect your kidneys, eyes, nerves, and heart—before it’s too late.

### **Stress, Sleep, and Your Sugar Levels**

### Calming your mind can help lower your sugar.

### How Families Can Help

### Staying motivated, reducing stress, and preventing complications

## **Hypertension (High Blood Pressure)**

### **What Is Hypertension?**

Understanding the “silent” condition that strains your heart and arteries.

### **Monitor Your Pressure, Know Your Risk**

How to check BP correctly and understand what your numbers mean.

### Small Steps to Lower Pressure, For Life

Build a lifestyle that helps lower your pressure—one habit at a time.

### Sticking with Your BP Meds—Why It Matters

Why blood pressure medications are often lifelong—and how to stay on track

### **Relax to Protect Your Heart**

How stress and poor sleep quietly raise your blood pressure—and what you can do about it.

### Guard Your Vital Organs

Prevent Stroke, Heart Attack, and Kidney Damage by Controlling Blood Pressure Today.

### Balance and Blood Pressure

### Managing Postural Hypotension and Falls in Elderly

## **Hypertension + Diabetes**

### **What Is Hypertension?**

Understanding the “silent” condition that strains your heart and arteries.

### **What Is Diabetes?**

Understand how your body processes sugar—and what happens when it doesn’t.

### **Two Conditions, One Root Cause**

Why diabetes and high blood pressure often go hand in hand—and how to manage both.

### **What Your Numbers Mean**

Know your BP, sugar, cholesterol, and Cuore Score—and what they tell you.

### **Eat Smart, Move Daily**

A simple plan to manage both BP and blood sugar.

### **Medication & Monitoring: Build Your Routine**

Simplify your daily plan—track, log, and never miss a dose.

### **Sleep & Stress: The Hidden Saboteurs**

Poor rest and chronic worry can undo your progress—here’s how to stay calm and in control.

### **Spot Early Warning Signs**

Stay ahead of complications by recognizing what’s normal—and what’s not.

### **Protect What Matters Most: Heart, Kidneys, and Eyes**

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

## **General wellness**

1. Understand Your Metabolism

Why your body resists weight loss—and how to work with it, not against it.

1. Know Your Risk Early

Why heart, metabolic, and hormonal risks often start years before diagnosis

1. Eat Smarter, Feel Fuller

Balanced eating for better energy, appetite, and long-term health.

1. Move More, Stress Less

How movement heals beyond the calorie burn.

1. Sleep and Stress: The Missing Link

Why your body needs rest to recover, repair, and thrive.

1. Beyond the Scale: Skin, Hair, Digestion, and Energy

Your body gives clues when something’s off—don’t ignore them.

1. Build Habits That Stick

Change that doesn’t rely on motivation alone.

1. Get the Right Tests and Track What Matters

Stay ahead of hidden risks like prediabetes, fatty liver, and low vitamin D.

1. Protect Your Future Health

Small steps today can reduce tomorrow’s risk.

**Tobacco cessation**

1. **How Tobacco and Nicotine Derail Your Metabolic Health**

Why quitting matters for your heart, hormones, blood sugar, and long-term organ health.