



Diabetes: Chronic Complications of Uncontrolled Diabetes

Diabetes complications develop slowly but cause lasting damage. Many occur silently before symptoms appear. Understanding these risks reinforces why early control matters. Prevention is far easier than treatment.

Chronic high glucose damages blood vessels and nerves, leading to eye disease, kidney failure, neuropathy, and heart disease. These complications often begin during years of unnoticed insulin resistance. Lab trends may show rising A1C and microalbumin in urine before symptoms develop. Early glucose control prevents or delays most long-term complications.

Don't wait for symptoms to take blood sugar seriously. High glucose can cause silent damage for years before you feel it. Take a moment today to review your last A1C or fasting glucose and choose one habit to improve — such as a post-meal walk, reducing added sugar, or prioritizing sleep.

01 Is This Your Story?

A patient delays addressing prediabetes for years. Eventually, diabetes develops and early nerve symptoms appear. When aggressive lifestyle changes and treatment begin, progression slows but some damage remains. Earlier action could have prevented these complications entirely.

02 Try This Today

Measure: Review your A1C or fasting glucose history.

Do: Commit to one daily habit that improves glucose control.

Reflect: Ask whether you are preventing complications or reacting to them.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

