

# Take Charge of Tomorrow

## Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



**Manage your A1C blood glucose, blood pressure, and cholesterol levels.**

Ask your doctor what your goals should be, and stay informed about your A1C level.



**Take care of your mental health.**

A mental health counselor may help you find healthy ways to cope with stress.



**Make lifestyle changes to slowly build healthy habits.**

Take small steps to eat healthier, be more physically active, and get enough sleep.



**Take your medicines on time, even if you feel healthy.**

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



**Work closely with your primary care provider.**

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

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