

Preventing T2D Complications



What complications should I watch for?

- Heart disease
- Eye problems (retinopathy)
- Kidney disease
- Nerve damage (neuropathy)
- Foot problems

How often should I have screening?

- Foot exam: yearly or more if issues
- Eye exam: at diagnosis and yearly or as advised
- Kidney function (urine albumin, blood tests): yearly
- Heart risk assessment: regularly

How do I protect my eyes?

- Control blood sugar, blood pressure, and lipids
- Get regular retinal screening to detect early retinopathy

How do I protect my kidneys?

- Control blood sugar and blood pressure
- Some medications (SGLT2 inhibitors) can slow kidney disease in T2D

How do I protect my nerves and heart?

- Maintain healthy blood sugar, weight, and lifestyle
- Avoid smoking
- Report numbness, burning, or foot wounds promptly
- Manage blood pressure and lipids; use heart-protective medicines if recommended

Tips for daily prevention

- Track symptoms and blood sugar trends
- Attend all recommended check-ups
- Ask your healthcare team about personalized prevention strategies

Tips for success

- Attend all recommended check-ups and screenings
- Take early action if you notice new symptoms or changes in your health

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist