Why Your A1c Matters: Long-Term Complications

Keeping your A1c in a healthy range (under 7%), helps protect your eyes, kidneys, nerves, heart, and blood vessels. High blood sugar over time can quietly damage these organs. Staying on top of insulin, CGM/pump use, healthy habits, and routine checkups can prevent or delay long-term problems.

What Can Happen If A1c Stays High?



Eyes (Diabetic Retinopathy)

High blood sugars can damage small blood vessels in your eyes. This can cause blurry vision, floaters, or vision loss over time.
Protect yourself: Get a dilated eye exam every year.

Nerves (Neuropathy)

Nerve damage can cause numbness, tingling, or burning pain—usually in the feet. Loss of feeling can lead to unnoticed injuries.
Protect yourself: Check your feet and keep blood sugars in range.

Kidneys (Nephropathy)



Your kidneys filter waste from your blood. High sugars can damage this system. Early signs don't cause symptoms.
Protect yourself: Get a yearly urine test (microalbumin).

Heart & Blood Vessels

Over time, high blood sugars increase the risk of heart disease and stroke—even starting in young adulthood.
Protect yourself: Know your blood pressure, stay active, and keep A1c in target.

Pregnancy & Diabetes

Blood sugar control before and during pregnancy is very important. High A1c increases the risk of miscarriage, birth defects, preterm birth, and complications for both parent and baby.

Protect yourself: Planning ahead and working closely with your diabetes team greatly lowers these risks.