

Make the Link! Patient Page

High Blood Pressure and Diabetes

What is high blood pressure?

High blood pressure, also called hypertension, means that the force of the blood inside your blood vessels is too high. High blood pressure makes the heart work too hard and can increase your risk for heart attack and stroke.

What does high blood pressure have to do with diabetes?

People with diabetes are more likely to have high blood pressure. In fact, almost two out of three adults with diabetes have high blood pressure. Both high blood pressure and diabetes increase your risk of heart disease, stroke, eye problems, kidney problems, and nerve disease. So if you have both, you have an even greater risk for other health problems.

What's the target blood pressure for people with diabetes?

For most people with diabetes, keeping blood pressure below 130/80 will help prevent problems. You'll hear your blood pressure reading said as two numbers, such as "one-thirty over eighty." The first number is the pressure as your heart beats and pushes blood into the blood vessels. The second number is the pressure when your heart rests between beats.

If my blood pressure is too high, what can I do to lower it?

If you have diabetes and high blood pressure, you can take steps to lower your blood pressure.

- ▶ Use a meal plan
- ▶ Eat less salt
- ▶ Exercise
- ▶ Take blood pressure medicine

Several medicines can lower blood pressure. Some blood pressure medicines have been shown to protect your kidneys from disease and to reduce your chance for having a heart attack or stroke. Talk with your health care provider about the best medicine for you. Often, more than one medicine may be needed to lower your blood pressure.

High Blood Pressure At-a-Glance

- ▶ High blood pressure can make the heart work too hard. It raises your risk for heart disease, stroke, eye problems, kidney problems, and nerve disease.
- ▶ High blood pressure is common in people who have diabetes.
- ▶ If you have high blood pressure, talk with your health care provider about how to lower it. Meal planning, exercise, and medicines can help.



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How will I know if my blood pressure is OK?

Have your health care provider check your blood pressure at every office visit.

How can keeping my ABCs of diabetes on target help me stay healthy?

Keeping your ABCs of diabetes on target can help you lower your risk of heart disease and stroke.

A is for A-1-C, a blood sugar check that tells you your average blood sugar for the past two to three months.

Suggested target: below 7

B is for blood pressure.

Suggested target: below 130/80

C is for cholesterol. It tells you how much of the fat that clogs blood vessels is in your blood.

Suggested LDL target: below 100

I'm not sure I can handle all this...

It's hard enough to deal with diabetes every day. Worrying about high blood pressure may make you feel overwhelmed. If this happens, talk to someone. You could call a friend or family member, or talk with someone on your health care team. Support groups can help, too. To find a support group in your area, or for more information about high blood pressure and diabetes, call the American Diabetes Association at **1-800-342-2383**.

My Health Care Professional

My Blood Pressure

Long-term goal for my blood pressure: _____

Date						
Blood pressure						

My Action Plan:

1. _____
2. _____
3. _____
4. _____
5. _____