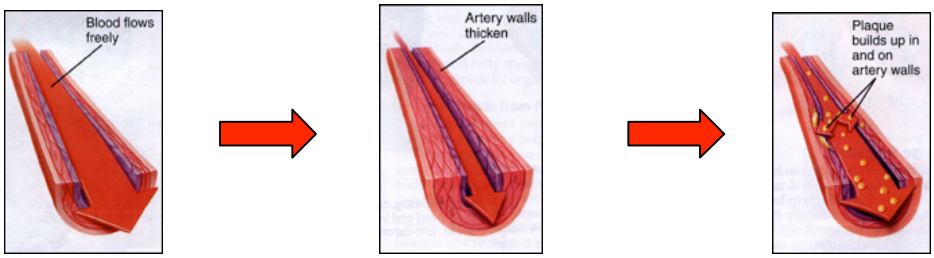
Hypertension and Diabetes

What is high blood pressure?

High blood pressure, also called hypertension, means that the blood inside your blood vessels is pumped at a higher-than-normal pressure. This causes the heart to work too hard pumping against this high pressure and damage (thickening and plaque build-up) to the blood vessels. This can increase your risk of heart attack, stroke and kidney disease. Many people have high blood pressure and do not know it. It is not causing them to feel sick, but it is doing harm to their body.



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.

What do I want my blood pressure to be?

For most people with diabetes, keeping blood pressure BELOW 130/80 will help prevent problems. 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 beats between beats.

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

- ♥ Eat less salt
- ♥ Exercise, such as fast walking 30 minutes each day
- ♥ Take blood pressure medicines
- ♥ Lose weight

Several medicines can lower blood pressure and have been shown to protect your kidneys and reduce your chance for having a heart attack or stroke. Talk with your doctor to make sure that your blood pressure is at goal. Most people need more than one medicine to lower their blood pressure to the safe zone. It is important to take your medicines every day without missing any doses to keep your heart and kidneys healthy.

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