



Diabetes and High Blood Pressure

Cause and Effect

If you are a patient with high blood pressure and type 2 diabetes, it is important to manage your blood pressure. High blood pressure puts stress on your heart and kidneys, and, over time, high blood pressure can increase your chance of having a heart attack, kidney disease, or stroke.¹ If you have high blood pressure, you can work with your doctor to help reduce your numbers. However, if you are not reaching your blood pressure goal with the plan your doctor suggests, talk to your doctor about other options.



Blood Pressure Guidelines⁷

Category (For Adults)	Top Number (Systolic) mm Hg		Bottom Number (Diastolic) mm Hg
Normal	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80-89
Hypertension*	140 and up	or	90 and up

*For people with diabetes, the classification for hypertension changes to 130/80 and up.² Speak with your doctor to see if these guidelines apply to you.

References:

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Know Your Numbers

If you have high blood pressure and type 2 diabetes, you already know how important it is to talk to your doctor on a regular basis. Asking your doctor the right questions is the best way to get information about your health. Here are some examples of questions to ask your doctor about high blood pressure.



Is Your Blood Pressure at Goal?

Knowing your numbers is the first step in managing your blood pressure.⁶ Always discuss your numbers when you visit your doctor, and stay informed about changes that have occurred between your visits. Your doctor will know what your blood pressure goal should be, and can tell you how close you are to reaching it.

How Often Do You Need to Have Your Blood Pressure Checked?

People with high blood pressure should be monitoring their blood pressure regularly.⁶ Talk to your doctor about how often you should be getting your blood pressure checked.

What Is High Blood Pressure

- ▶ Hypertension is the medical term for high blood pressure. When you have high blood pressure, your heart works harder. In time, this may cause damage to your arteries, heart, and kidneys.²
- ▶ Often, there are no noticeable symptoms associated with high blood pressure. Most people feel fine and are unaware that their heart and kidneys may be damaged. For this reason, hypertension is sometimes called “the silent killer.”³
- ▶ When your blood pressure is checked, two numbers are being measured: a top number (systolic blood pressure) and a bottom number (diastolic blood pressure). The top number is the pressure of blood against the artery walls when the heart beats. The bottom number is the pressure of blood against the artery walls after each heartbeat.⁴ A blood pressure of 140/90 mm Hg or higher on a regular basis is classified as high blood pressure⁴ (this number drops to 130/80 mm Hg if you have type 2 diabetes²). If your readings reflect high blood pressure, your doctor will want to help you lower your numbers.

How to Manage Your Blood Pressure

The first step in managing your blood pressure is talking to your doctor about a plan that can help you lower your numbers. Diet, exercise, and medicine are recommended ways to help get your blood pressure under control.⁵

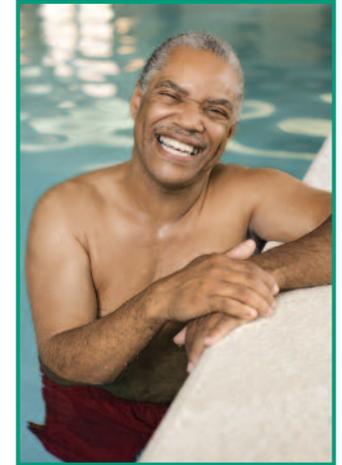
Diet

Being on a healthy diet is very important when you're trying to lower your blood pressure. Generally, a low-salt and low-fat diet with fruits, vegetables, and grains is recommended for people with high blood pressure.⁶ However, it is very important that those with type 2 diabetes talk to their doctor before making any changes in their diet.



Exercise

Not having any regular exercise can cause many health problems. Exercise increases blood flow and helps strengthen your heart. Generally, at least 30 minutes of exercise, most days of the week, is recommended for people with high blood pressure.⁶ But talk to your doctor before starting any exercise program because the type of exercise that is best for you depends on your age and general health.



Medication

People with high blood pressure may be given medicine or a combination of medicines to help lower their blood pressure.⁶ There are many different types of blood pressure medications. If you have high blood pressure, discuss your options with your doctor to determine the type of blood pressure treatment strategy that is appropriate for you.