



Diabetes and High Blood Pressure What's the Link?



You Should be Concerned About Your Blood Pressure

- ◆ High blood pressure often has no symptoms but can damage your health.
- ◆ Of the people with diabetes, more than half will get high blood pressure.
- ◆ People with diabetes get more health problems from high blood pressure.
- ◆ To help prevent problems from high blood pressure, a good goal is 130/80 or lower.

High Blood Pressure CAN Hurt You

High blood pressure can damage your blood vessels and lead to:

- ◆ Blindness
- ◆ Kidney Failure
- ◆ Heart Attack
- ◆ Stroke

Many of these problems become worse when blood sugars are high:

- ◆ Keep blood sugar between 90-130 mg/dl in morning and before meals.
- ◆ Keep blood sugar between 140-180 mgdl 2 hours after eating

High Blood Pressure Medicines



Be sure to talk to your doctor about medicine for high blood pressure and their side effects.

Type of Medicine - Some types of high blood pressure medicines also have benefits for prevention of heart and kidney disease.

Side Effects - Some blood pressure medicines can affect blood sugar and blood fats (cholesterol and triglycerides).

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What You Can Do

- ◆ Get your blood pressure checked at least two times a year.
- ◆ Keep your appointments with your doctor.
- ◆ Take your medicine as prescribed.
- ◆ Control your blood sugar - between 90 -130 mg/dl in the morning and before meals and between 140 -180 mg/dl 2 hours after meals.
- ◆ Keep your blood pressure at 130/80 or less:
 - ◆ Limit alcohol use - less than 1 to 2 drinks per day
 - ◆ Don't smoke, get help to stop smoking.
 - ◆ Lose 5 to 10 pounds, if your are above your healthy body weight.
 - ◆ Eat more low-salt foods as fruits, vegetables, and whole grains and non-fat and low-fat dairy products.
 - ◆ Be active most every day.

***Diabetes and High Blood Pressure are Always Serious,
They CAN be Controlled***

Michigan Diabetes Outreach Networks

Strengthening Diabetes Care in Michigan

ECDON
810 232-0522

SEMDON
313 259-1574

SODON
800 795-7800

TENDON
800 472-3175

TIPDON
800 847-3665

UPDON
800 369-9522 (U.P. only)

www.diabetesinmichigan.org

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