

# Diabetes and High Blood Pressure



diabetes

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.



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## 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. If you have high blood pressure, you can work with your health care provider to help reduce your numbers. However, if you are not reaching your blood pressure goal with the suggested plan, talk to your health care provider about other options.



## 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.
- 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.
- 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. A blood pressure of 140/90 mm Hg or higher on a regular basis is classified as high blood pressure. If your readings reflect high blood pressure, your health care provider will want to help you lower your numbers.
- The blood pressure goal of the American Diabetes Association is less than 140/80 mm Hg. However, in some selected patients it may be less than 130/80 mm Hg.

## How to Manage Your Blood Pressure

The first step in managing your blood pressure is talking to your health care provider 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.

### 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. However, it is very important that those with type 2 diabetes talk to their health care provider 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. But talk to your health care provider 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. There are many different types of blood pressure medications. If you have high blood pressure, discuss your options with your health care provider to determine the type of blood pressure treatment strategy that is appropriate for you.

## Know Your Numbers

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



### Is Your Blood Pressure at Goal?

Knowing your numbers is the first step in managing your blood pressure. Always discuss your numbers when you visit your health care provider, and stay informed about changes that have occurred between your visits. Your health care provider 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. Talk to your health care provider about how often you should be getting your blood pressure checked.

### Blood Pressure Guidelines

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
<b>ADA Diabetes Goal</b>	Less than 140*	and	Less than 80

\*Less than 130/80 mm Hg in selected patients.