

# Diabetes and High Blood Pressure

If you are a patient with high blood pressure and diabetes, it is important to talk to your health care provider to help manage your blood pressure. High blood pressure puts stress on your heart and kidneys. High blood pressure can increase your chance of having a heart attack, kidney disease, or stroke.

## 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, 2 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 140/90 mm Hg. However, in some selected patients it may be less than 130/80 mm Hg.



**Knowing your numbers is the first step in managing your blood pressure.**

**Talk to your health care provider about a plan to lower your numbers.**

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.



## Diet

A healthy diet is very important when you're trying to lower your blood pressure. A low-salt and low-fat diet with fruits, vegetables, and grains is recommended for people with high blood pressure.

## Exercise

Exercise increases blood flow and helps strengthen your heart. Generally, at least 150 minutes a week is recommended of moderate intensity aerobic exercise (where your heart rate increases). This can be spread out through the week with no more than 2 days without exercise.

## Medication

You may be given medicine or a combination of medicines to help lower your blood pressure. There are many different types of blood pressure medications. Discuss options with your health care provider to determine the best blood pressure treatment that is appropriate for you.

## Is Your Blood Pressure at Goal?

You should be monitoring your blood pressure regularly. Talk to your health care provider about how often you should get your blood pressure checked.

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.

Blood Pressure Guidelines			
Category (For Adults)	Top Number (Systolic) mm Hg	Bottom Number (Diastolic) mm Hg	
Normal	Less than 120	and	Less than 80
Prehypertension	120 — 139	or	80 — 89
High Blood Pressure (Hypertension) Stage 1	140 — 159	or	90 — 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 100
ADA Diabetes Goal	Less than 140*	and	Less than 90

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

Adapted from the American Diabetes Association and the American Heart Association

**Talk to your  
health care  
provider before  
changing diet or  
exercise routine.**

