

INFORMATION PRESCRIPTION

Diabetes and your blood pressure

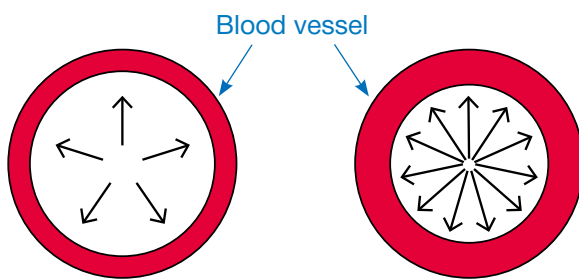
Your last blood pressure reading:

People with diabetes and high blood pressure have an increased risk of heart attack and stroke. You can reduce your risk by keeping your blood pressure in your recommended target range.

Recommended target for blood pressure is lower than:

What does blood pressure mean?

Blood pressure is the force your heart needs to push blood around your body. The high number shows the biggest force your heart uses to push your blood. The low number shows the least force when your heart is relaxed.



Normal blood pressure

High blood pressure

When is high blood pressure a problem?

High blood pressure (sometimes called hypertension) is when the force used to push blood around your body is higher than recommended. High blood pressure puts strain on your heart and blood vessels. If you have high blood pressure, you may feel healthy, but it can damage your blood vessels.

How can I lower my blood pressure?

Lifestyle changes are proven to reduce blood pressure. Most people with diabetes will need medication as well. Some people require more than one type of medication.

Your doctor will advise on the best medications for you. You and your doctor will need to check your blood pressure to see how well the medication is working. Most people do not experience side effects. If you do, it is important to tell your doctor.

Eat a healthy balanced diet

Eat a variety of different coloured vegetables and fruit. Aim for five serves of vegetables and two serves of fruit every day.

Use the healthy plate model to help with portion sizes. This means filling 1/2 your plate with non-starchy vegetables or salad, 1/4 with lean protein, and 1/4 with nutritious, high-fibre carbs.

Reduce salt intake by eating less fast food, choosing low-salt options, and avoiding adding salt.

Choose lean proteins like skinless poultry, fish, lean meat, tofu or legumes.

Limit fatty food, processed meats, full-fat dairy, creamy sauce, deep-fried foods and pastries.

Limit how much alcohol you drink.

Stay hydrated – water is best.

Be active

Aim for 30 minutes of physical activity at least five days a week. Physical activity should raise your heartbeat, such as brisk walking, cycling, or swimming. Also include muscle-strengthening activities twice a week, such as lifting weights, yoga, and gardening.

Stop smoking

For help quitting, ask about your local quit smoking service or call the Quitline on **13 7848**.

My next steps

Discuss with your diabetes health professional two actions you are going to focus on (think about what, where, when and how):

1 _____

2 _____

Name: _____

Health professional: _____

Review date: _____

The NDSS and you

Whether you have just been diagnosed with diabetes, or have been living with diabetes for a while, the NDSS provides a range of support services, information, and subsidised products to help you manage your diabetes, stay healthy and live well. For access to more resources (including translated versions), or to find out more about support services, go to [ndss.com.au](https://www.ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

This information is intended as a guide only. It should not replace individual medical advice and if you have any concerns about your health or further questions, you should contact your health professional.