

Diabetes and your blood pressure

Information Prescription

Your last blood pressure reading is:

People with diabetes and high blood pressure are at increased risk of having a heart attack or stroke. By lowering your blood pressure, you can significantly reduce your risk.

Recommended target for blood pressure is lower than

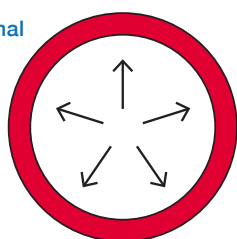
140/90

or

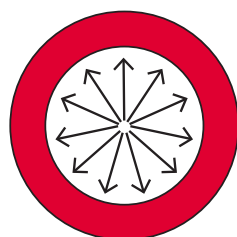
What does blood pressure mean?

Blood pressure is the force your heart needs to push blood around your body. The two numbers show the biggest force your heart uses to push your blood and the least force when your heart has relaxed.

Normal



High



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 more strain on your heart and blood vessels. If you have high blood pressure, you may feel healthy, but it causes damage to your blood vessels.

How can I lower my blood pressure?

Lifestyle changes are proven to reduce blood pressure and make you healthier. 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 vegetables and fruit. Aim for five serves of vegetables and two serves of fruit every day.
- ☐ Ensure food portion sizes are appropriate for you to keep a healthy weight.
- ☐ Reduce salt: eat less fast food, choose low-salt options, and avoid adding salt.
- ☐ Aim for at least two to three serves of oily fish a week.
- ☐ Eat less fatty food, processed meats, full-fat dairy, creamy sauce, deep fried foods and pastries.
- ☐ If you drink, cut down on alcohol.
- ☐ Stay hydrated – water is best.

Get more active

- ☐ Aim for 30 minutes physical activity most days of the week to raise your heartbeat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Stop smoking

- ☐ For help quitting, ask about your local quit smoking service or call the Quitline on **137848**.

My next steps

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

- 1
- 2

Name: Health professional: Review date:

Find this resource at ndss.com.au