

How do I prevent Hypertension or decrease symptoms of Hypertension if I have Diabetes?

1. **Can Hypertension Cause Health Problems if I Have Diabetes?**
 - a. YES. About 25% of people with **Type 1 diabetes** and 80% with **Type 2 diabetes** have high blood (hypertension). Having Diabetes also raises your risk of having heart disease, stroke, kidney disease and other health problems.
 - b. Having high blood and diabetes together raise the risk of health problem even more. This combination if not treated and maintained in normal ranges can cause a premature death!
2. **If you have high blood pressure, your physician will want to make sure your blood pressure is well controlled.** This means keeping blood pressure around 130 over 80. This blood measurement means has changed at one time it was 140 over 90. Ask your physician what a good blood pressure for you would be. The physician will treat you with blood pressure medication not only to keep your blood pressure down but also to protect your kidney and other body organs. Consistently take your blood pressure medicine. Remember the old saying **“an ounce of prevention is worth a pound of cure”**.
3. **The physician will also talk to you about following a healthy life-style:**
 - a. Stop smoking
 - b. Eating a healthy diet plus watching your salt intake
 - c. Get more active
 - d. Maintain a healthy weight
4. **Learn to take your B/P regularly.**
 - a. Automatic B/P machines are not expensive, and the less expensive ones seem to be just as accurate as the more expensive machines.
 - b. Measure your blood pressure as compared to a blood pressure Chart, check daily if possible.
 - c. A good chart for comparison: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/blood-pressure/art-20050982>
(this chart is what Mayo Clinic uses) 2017.