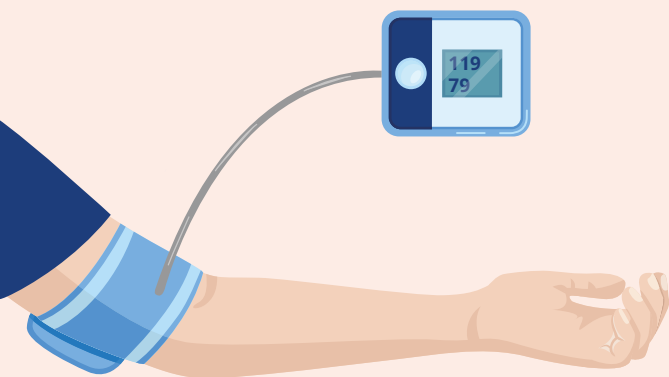


Diabetes and high blood pressure

The importance of managing high blood pressure.



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Chronic Care in Humanitarian Crises

What is high blood pressure?

High blood pressure, or hypertension, occurs when your blood pressure is higher than normal. When you have high blood pressure and diabetes together, your risk of damage to your blood vessels increases more than if you have either high blood pressure or diabetes.

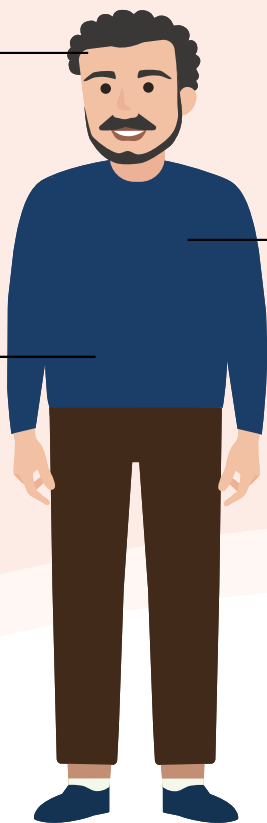
High blood pressure is dangerous because it makes the heart work harder to pump blood around the body and contributes to hardening of arteries, putting you at risk of heart attack, stroke and kidney disease.



Stroke



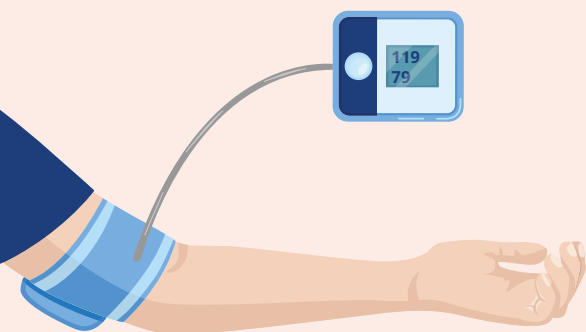
Kidney disease



Heart disease

Measuring high blood pressure

When your doctor or nurse tells you your blood pressure, they will say two numbers:



1. The top number is the pressure inside your blood vessels when your heart is pumping.
2. The bottom number is the pressure inside your blood vessels when your heart is relaxed.



See a member of your healthcare team if your blood pressure reading is **above 130/80** if you have **diabetes, kidney or heart disease**.

If you do not have these conditions then see a member of your healthcare team if the blood pressure reading is **above 140/90**.

How you can lower your blood pressure



Take blood pressure medication as prescribed by your doctor and tell them if it causes problems



Lose weight if you are overweight



Choose a diet low in fat and rich in fruit and vegetables



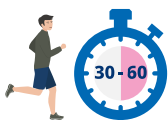
Reduce exposure to stressful situations



Avoid harmful use of alcohol



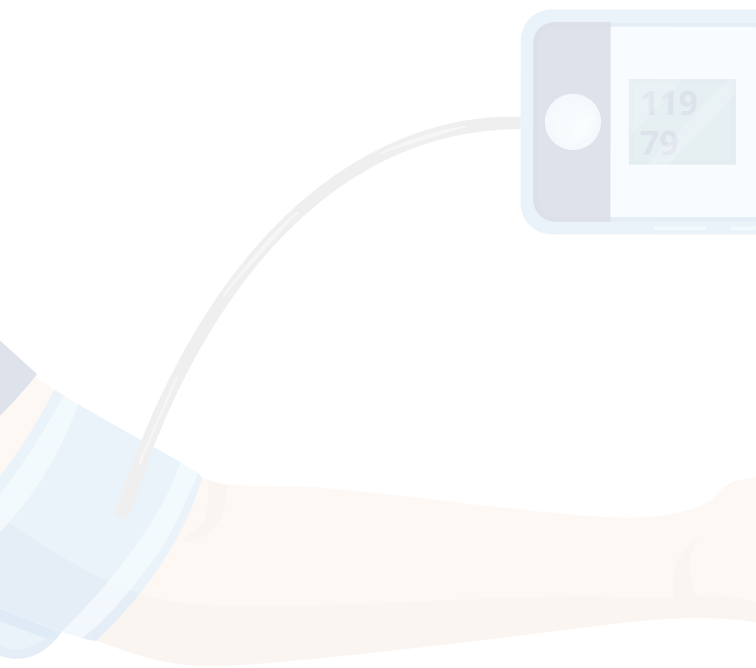
Limit your salt intake as part of a healthy diet



Be active for at least 30 minutes a day



Stop smoking



The information provided in this material is not intended as a substitute for the advice of a healthcare professional.

Consult your healthcare professional for advice on treatment or any specific questions you may have about diabetes.