

Name: _____
Name of Doctor/Nurse: _____

Date: _____

Diabetes and high blood pressure

Information Prescription

Your last blood pressure reading is

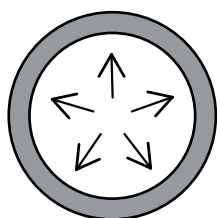
People with diabetes and high blood pressure are at increased risk of having a heart attack or stroke. By lowering your blood pressure, you can dramatically reduce your risk.

Recommended target for blood pressure is lower than

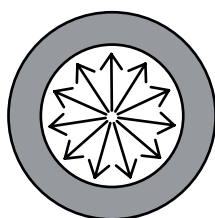
What does blood pressure mean?

It's 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 pressure when your heart has relaxed.

Blood vessel



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 normally 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 is causing damage to blood vessels.

How can I lower my blood pressure?

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

Your doctor will advise on the best medications for you. You'll need to have your blood pressure checked to see how well it is working. Most people **don't** experience side effects. If you do it's important to tell your doctor.

Keep to a healthy weight

Reduce the size of your portions and cut down on fatty and sugary foods.

Eat a healthy balanced diet

- Reduce salt: eat less fast food, choose low-salt options, and do not add salt.
- If you drink, cut down on alcohol.
- Eat plenty of vegetables and fruit – aim for at least five portions a day.
- Eat less fatty foods, processed meats, full-fat dairy, pastries and cakes.
- Aim for at least two portions of oily fish a week.

Get more active

Aim for 30 minutes five times a week to raise your heart beat. 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 giving up ask for your local stop smoking service.

Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

For information or support, call Diabetes UK Helpline: **0345 123 2399*** Monday to Friday, 9am–6pm, or go to www.diabetes.org.uk/info-p