



Learn more about hypertension in people with diabetes.

# Know Diabetes by Heart™

## Treating Hypertension in People with Diabetes



What is the on-treatment target for blood pressure?

**<130/80 mmHg if it can be safely attained**

### Lifestyle Intervention

For people with blood pressure >120/80 mmHg, counsel people with diabetes on:



**Weight loss**  
Consider Dietary Approaches to Stop Hypertension (DASH) diet to reduce sodium and increase potassium intake.



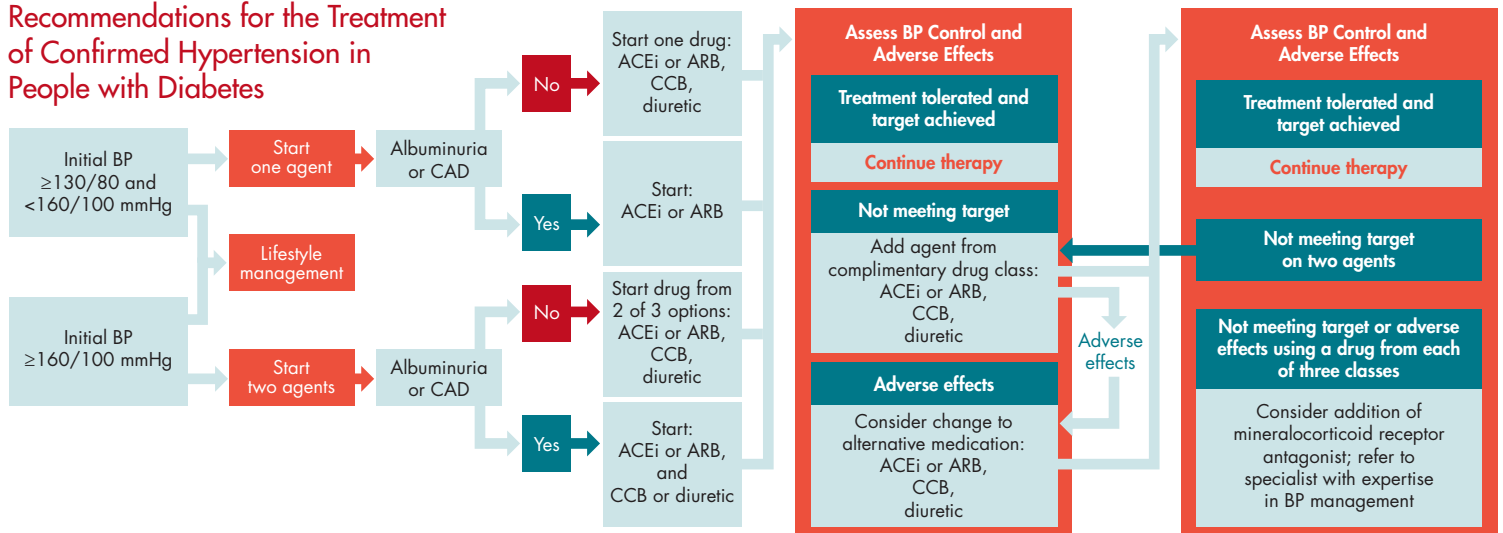
**Moderation of alcohol intake**



**Increased physical activity**

### Pharmacologic Interventions

#### Recommendations for the Treatment of Confirmed Hypertension in People with Diabetes



BP = Blood pressure  
 ACEi = Angiotensin-converting enzyme inhibitor  
 ARB = Angiotensin II receptor blockers  
 CCB = Calcium channel blockers  
 CAD = Coronary artery disease

Learn more at [KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)