If you have diabetes, there is a lot you can do to manage your high blood pressure. Talk to your doctor about your next steps.

High blood pressure, diabetes & your heart

Type 2 diabetes puts you at higher risk for heart disease, but there are steps you can take to lower your risk. Managing your blood pressure is one way to lower your risk of heart disease.

What’s the connection?

Adults with diabetes are 2X MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

The combination of high blood pressure and diabetes drastically increases your risks. That’s why it’s vital to keep your blood pressure in a healthy range.

If you have diabetes, there is a lot you can do to manage your high blood pressure. Talk to your doctor about your next steps.

What can you do?

Start simple
Ask your doctor to check your kidney function and blood pressure.

Know your numbers
Keeping your blood pressure and blood glucose in your target ranges is vital for your overall health.

Keep it up
Take care of yourself with exercise, healthy diet and taking your medications as prescribed.

You’re not in this alone. Find answers to your questions and join the initiative at: https://KnowDiabetesbyHeart.org/join

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