

NAME:  
NAME OF DOCTOR/NURSE:

DATE:

# DIABETES AND HIGH BLOOD PRESSURE INFORMATION PRESCRIPTION

Your last blood pressure reading is

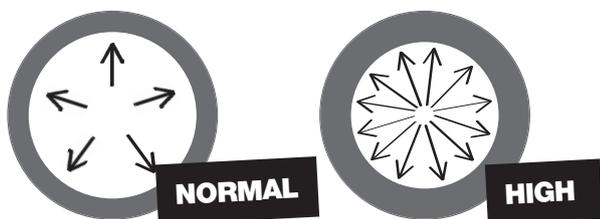
**People with diabetes and high blood pressure are at increased risk of having a heart attack or stroke. By lowering your blood pressure, you can dramatically reduce your risk.**

**Recommended target for blood pressure is lower than**

## What does blood pressure mean?

It is 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



## 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.

### 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**

- Your doctor will advise on the best medications for you. You will need to have your blood pressure checked to see how well it is working. Most people do **not** experience side effects: if you do it is important to tell your doctor.

### Keep to a healthy weight

- Reduce the size of your portions.
- 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.
- Eat more fish, particularly oily fish – aim for at least two portions a week.

### Get more active

- Aim for 30 minutes five times a week so that you raise your heart beat. Activities such as gardening, housework and walking all count.

### Stop smoking

- For help giving up ask for your local stop smoking service.

For information or support, call Diabetes UK Careline: **0345 123 2399\*** Mon–Fri, 9am to 7pm, or go to [www.diabetes.org.uk/info-p](http://www.diabetes.org.uk/info-p)