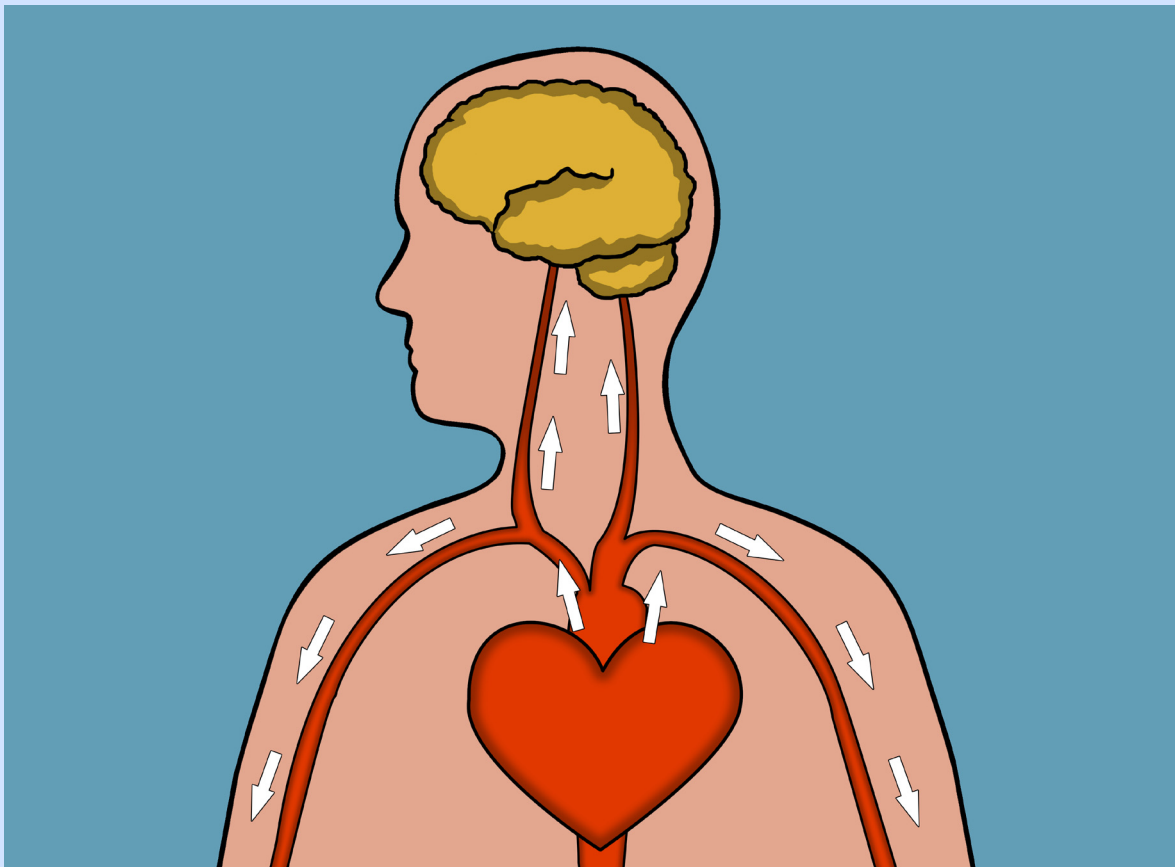


Know Your Blood Pressure

Many people with diabetes also have high blood pressure.

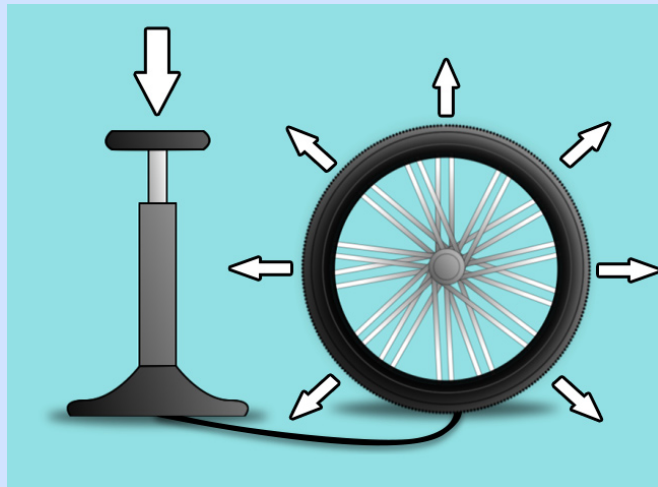
Blood pressure is when your heart pumps blood through small tubes called arteries.

Arteries carry blood through your whole body.

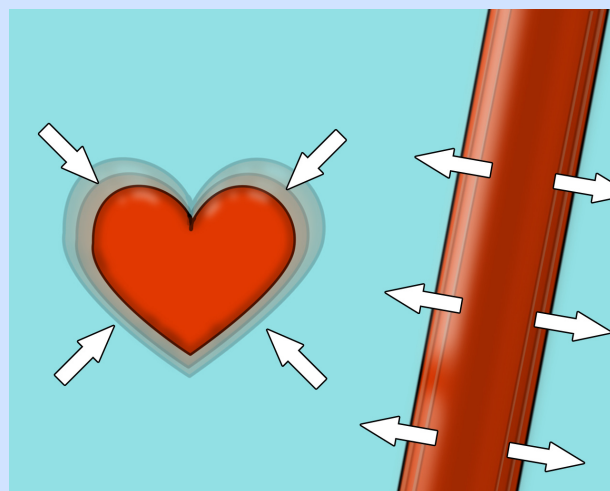


When your heart pumps, your blood pressure goes up.

- This is like pumping air into a tire.
- When you push down on the pump it pumps air into the tire.
- This makes pressure in the tire.



- When your heart pumps, it makes pressure in your arteries.



The pressure in your arteries is your blood pressure.

When a doctor or nurse measures your blood pressure, they will tell you two numbers.

The first number is the pressure when your heart pumps.

If you have diabetes, your goal is to keep the **first** number **130 or less**.



The second number is when your heart relaxes.

If you have diabetes, your goal is to keep the **second** number **80 or less**.



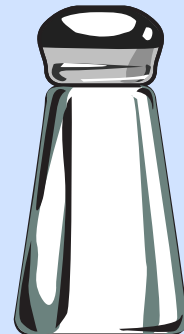
**If either number is too high, you have high blood pressure.
The higher the numbers, the worse it is for your body.**

Most people have high blood pressure because:

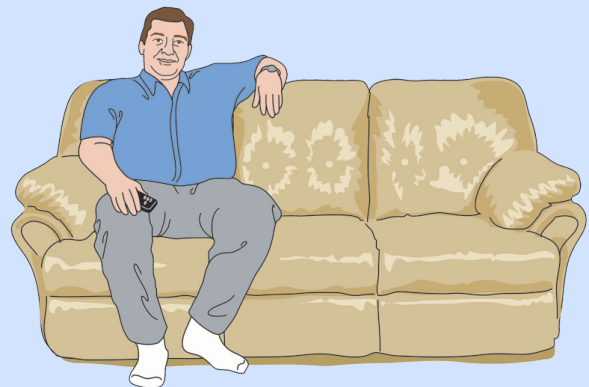
- It runs in their family.



- They eat too much salt.



- They are overweight and do not get enough exercise.



High blood pressure hurts your arteries.

Over time, high blood pressure can cause:

- A stroke
- A heart attack
- Blindness
- And it can hurt your kidneys, causing them to stop working

Having high blood pressure and diabetes is even more serious than having only diabetes, because **both hurt your arteries over time.**

How can you keep your blood pressure at 130 or less?

There are three main things:

1 Eat less salt

2 Exercise

3 Medicine

Salt is found in most foods.

Salt is also called sodium.

How to eat less salt:

- Take the salt shaker off the table.
- Do not add salt when you cook.
- Season foods with herbs and seasonings that do not have salt.
- When eating out, ask for meals to be made with no added salt.
- Avoid “instant foods” that come in a bag, box, or can.
- Look for labels that say “low sodium”, “no salt added” or “sodium free.”



How to eat less salt

Instead of:



Canned vegetables or
canned beans

Choose:



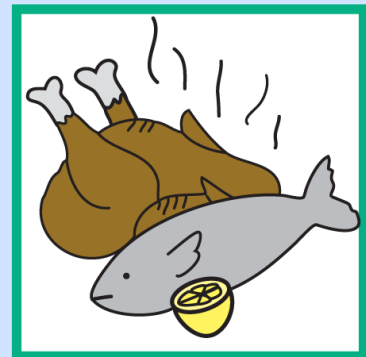
Fresh or frozen vegetables
Dried beans

Instead of:



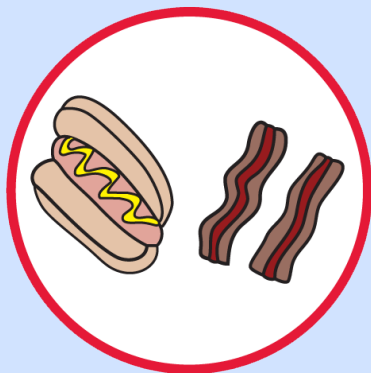
Canned meat or fish

Choose:



Fresh meat and fish

Instead of:



Hot dogs, bacon,
sausage

Choose:



Fresh meats

How to eat less salt

Instead of:



Salad dressing
and sauces

Choose:



Olive oil, vinegar,
lemon

Instead of:



Canned soups

Choose:



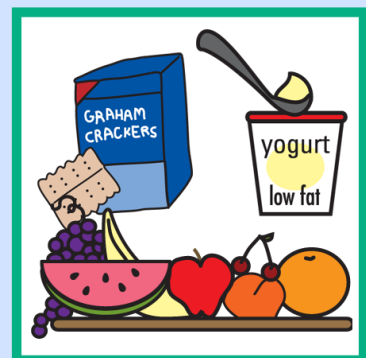
Low sodium
canned soups

Instead of:



Snack foods

Choose:



Fresh fruit, yogurt,
unsalted snacks

Exercise will make your blood pressure go down.

You should exercise every day to keep your blood pressure under control.



Talk with your doctor to see what type of exercise is right for you.

Medicine

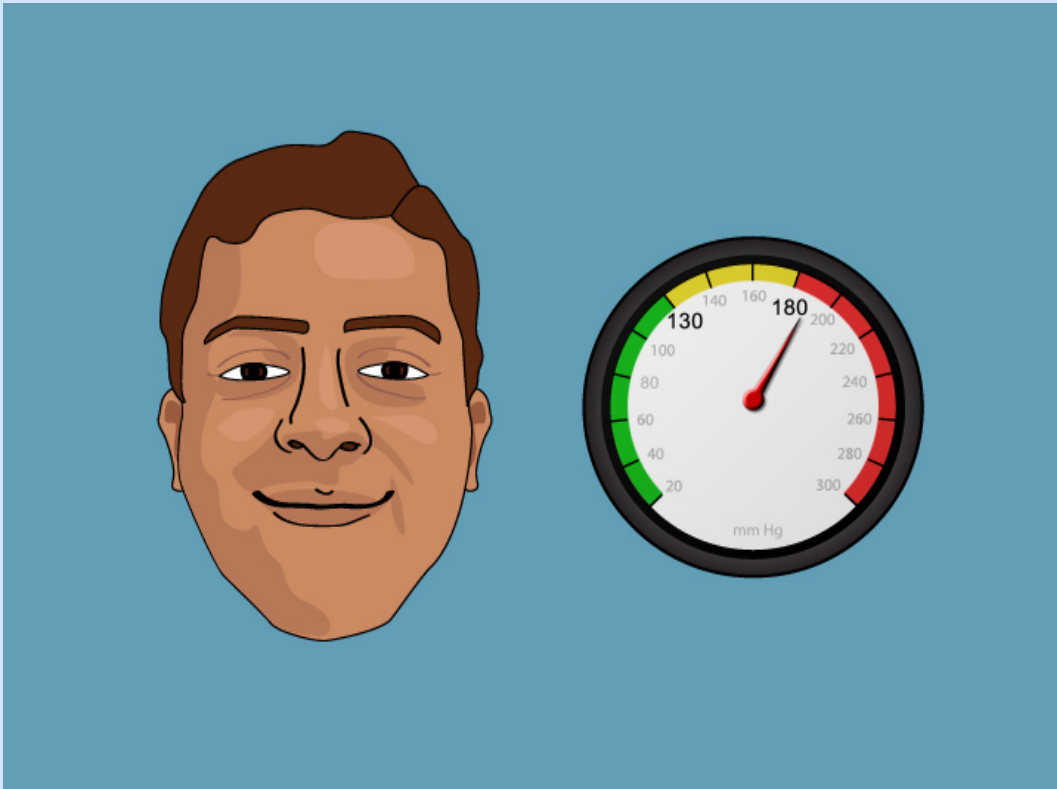
Some people also need medicine to keep their blood pressure 130 or less.

If your doctor prescribes medicine for your blood pressure make sure you take your pills **every day**.

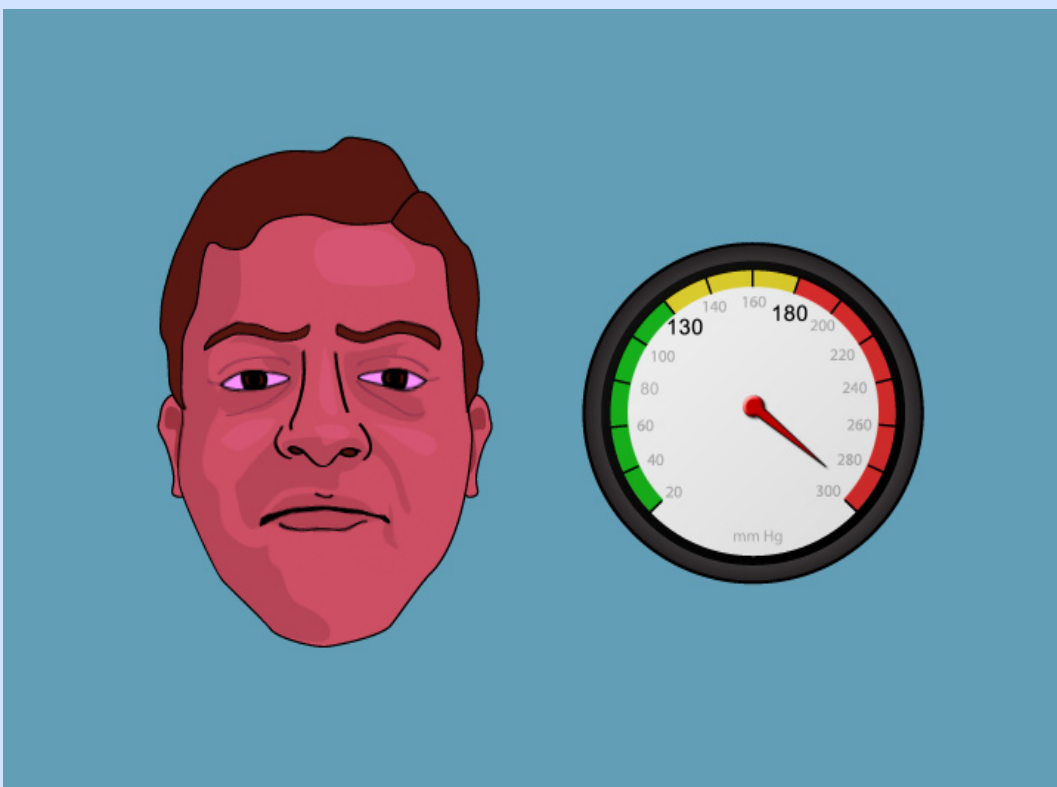
Even if your blood pressure is less than 130 you still need to take your medicine every day.



You usually do not feel anything when your blood pressure is too high.



You might feel bad only when it is very high.



The best way to be sure your blood pressure is under control is to ask your doctor or nurse to check it.

When your doctor or nurse checks your blood pressure, ask them what it is.



Knowing your blood pressure helps you stay healthy.

Keep your blood pressure 130 or less as much of the time as possible.