

INFORMATION FOR PEOPLE WITH TYPE 2 DIABETES AND HIGH BLOOD PRESSURE

If you have been diagnosed with type 2 Diabetes it is very important to try and prevent any complications associated with it.

Healthy lifestyle with regular exercise, healthy diet/ weight, minimal alcohol and not smoking are all very important lifelong decisions to help you look after your health.

In addition to the above, it is really important to have good blood pressure control, low cholesterol levels and blood glucose levels within target for you (hbA1c). If these are high or above target and left untreated, they can cause damage to the major organs/circulation.

If blood glucose levels are raised, as can happen in Diabetes, this causes blood to be thicker and stickier. This combined with raised blood pressure and / or high cholesterol can put you at higher risk of a heart attack, stroke and kidney damage. In type 2 Diabetes, having good blood pressure control is one of the most effective ways to protect the bigger and smaller blood vessels from damage (macro/ microvascular) which can affect the eyes, kidneys, heart and circulation.

Your blood pressure should be no higher than 140/80, but ideally even slightly lower at 130/ 70. For this reason it is very important that we measure it regularly and act if we notice that it is consistently higher than it should be.

There is a blood pressure machine in our waiting area and all patients are very welcome to use it when they come to visit Chew Medical Practice. You could also consider purchasing your own blood pressure machine so you can take it at home where you may feel more relaxed. These can be ordered via the Dispensary.

Reference: Tight blood pressure control and risk of macrovascular and microvascular complications in type 2 diabetes: UKPDS 38, BMJ, 317, 703-713.