High Blood Pressure in People with Diabetes: Are you at risk?

Updated 2012
People with diabetes are more likely to have high blood pressure.
What is blood pressure?

• The force of blood against your blood vessels as it circulates through your body.
• This force is necessary to make blood flow, delivering nutrients and oxygen throughout your body.

High blood pressure is also called hypertension.
Blood pressure (BP) target for people with Diabetes

BP less than 130/80
What do the numbers mean?

**Systolic BP** –

*top number*

*The pressure in your blood vessels when your heart beats.*

Example

130/80
What do the numbers mean?

**Diastolic BP** – bottom number

*The pressure in your blood vessels when your heart is at rest, between beats.*
When you have diabetes you should know that

- High blood pressure is common with diabetes
- Your blood pressure should be lower than 130/80
- There are things you can do to lower your blood pressure
- You may need three or more medication to lower blood pressure
So... why does it matter?

• High BP damages the lining of blood vessels.
• This can lead to:
  – stroke
  – heart disease
  – heart failure
  – kidney failure
  – eye damage
  – erectile dysfunction
  – Atrial fibrillation (irregularly fast heart beat)
• This risk goes down when your BP is controlled.
Remember!

Target BP for people with diabetes is

Less than 130/80
What can you do about high BP?

- You cannot change
  - Age
  - Ethnicity
  - Diabetes

But...
What can you do about high BP?

• These are some of the changes you can make
  – Physical activity
  – Reduce sodium(salt) intake
  – A healthy diet
  – Lose weight or maintain a healthy weight
  – Limit alcohol intake
  – Be smoke free
  – Manage stress
Physical Activity

Stay active

- 150 minutes each week (about 20-30 minutes most days) of physical activity such as brisk walking, biking or swimming.
Physical Activity

Stay active

Don’t go more than 2 days without exercise and …

Do some **resistance** exercise 3 days a week
Physical Activity

Stick with it!

• Choose an activity you will enjoy!
• Exercise with a friend or someone in your family.
• Keep a record of your activity. When you reach a goal, reward yourself.
Physical Activity

- Do you plan to start doing more than brisk walking? Before you start, talk to your doctor before you start.

Start slowly doing a little more each time until you reach your goal.
Reduce Sodium Intake

• Sodium is found in salt
  – All types of salt are high in sodium
  – Sea salt, kosher salt, gourmet salt and smoked salt have the same sodium as table salt.

• We eat too much sodium
  – Eating less sodium can help you and your family stay healthy and feel your best.
Reduce Sodium Intake

Where do we get sodium?

- 77% - Processed & restaurant food
- 12% - Naturally present
- 6% - Added salt to cooking
- 5% - Added salt at the table

What you eat matters!

77%
6%
12%
5%
Reduce Sodium Intake

• At the grocery store… make wise choices
  – Buy lower sodium foods to prepare healthier meals at home.
  – Compare food labels and buy the one with the lowest amount of sodium.
  – Look for foods from all four food groups (Vegetables and fruit, Grain, Milk and Alternatives, and Meat and Alternatives)
Reduce Sodium Intake

Nutrition Facts

Serving Size % Daily Value

Total Fat 0g 0%
Saturated Fat 0g 0%
Cholesterol 0g 0%
Sodium 120mg 5%
Total Carbohydrate 0g 3%
Dietary Fiber 0g 8%
Sugars 0g

Calories

Total fat Less than 65g 80g
Sat Fat Less than 20g 80g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Reduce Sodium Intake

- **5%**
  - DV of sodium is a little

- **15%**
  - DV of sodium is a lot

Daily Value (DV)
Reduce Sodium Intake

• At Home… make wise choices
  – Enjoy more fresh foods like vegetables and fruit.
  – Prepare your own meals more often, using little or no salt.
  – Add flavor without sodium (use more herbs and spices).
Reduce Sodium Intake

• Away from Home… make wise choices
  – Find the best menu choice by looking for the nutrition information.
  – Ask for sauces, gravies and dressings “on the side” and use only a small amount.
  – Balance out your day. If you ate a high sodium meal away from home, make sure to pick low sodium options the rest of the day.
A Healthy Diet

Make wise food choices
• More vegetables and fruit
• More whole grain products
• More soluble fiber
• More low fat dairy foods
• Less saturated fats
• Little or no trans fat
• Less salt
A Healthy Diet

• Choose to eat foods that are lower in fat
  – More fresh foods – vegetables and fruit
  – Less processed food
  – Bake or broil rather than fry food
  – Cut off extra fat in meat or chicken
  – Use less fat such as butter or margarine.
  – Read food labels. Choose foods with lower or no saturated or trans fat.
Maintain A Healthy Weight

For MEN
No bigger than 94 cm or 37 inches

For WOMEN
No bigger than 80 cm or 31 inches
Maintain A Healthy Weight

Reduce body weight

• Body Mass Index (BMI) - a ratio of weight to height
• Health Canada recommends….

18.5 – 24.9 kg/m²
Limit Alcohol Intake

• Limit alcohol intake to no more than:
  – 2 standard drinks a day and
  – Less than 14 drinks a week for men
  – Less than 9 drinks a week for women
  – No alcohol is recommended for some people
Be Smoke Free

• One year after stopping smoking the risk of cardiovascular disease is lowered by 50%.
• Three to four years after stopping the risk is about the same as a person who has never smoked.

Stop now!
It is never too late.
Manage Stress

• If you feel that stress is making your blood pressure go up, talk to a healthcare professional about how you can learn to manage stress.
What else can you do about high BP?

• Ask your doctor what a safe BP is for you.
• Ask to have your BP checked at each visit with your doctor or nurse.
• Check your own BP with an approved BP monitor.
• Keep a record of your BP results and bring it with you to all medical or clinic visits.
When you buy a BP Monitor

• Be sure …
  – To follow the instructions that come with the machine
  – The monitor you buy
    • has this logo
    • is the right size for you

• Remember there are different types so talk to a healthcare professional
Taking your own blood pressure

An accurate reading is very important, so …

• Sit relaxed for 5 minutes before you check your BP
• Wait 2 hours after a big meal
• Wait ½ hour after drinking coffee or smoking
• If you need to go to the bathroom, do so before you take your BP
Taking your own blood pressure

- An accurate BP reading is very important
  - Use a BP cuff that is the right size for your arm
  - Use a BP monitor that you know is accurate
  - Put the BP cuff on your bare arm
  - Do not measure your BP if you are uncomfortable, cold, in pain or stressed
Taking your own blood pressure

An accurate BP reading is very important

- Sit in a chair that supports your arm and back
- Have your arm resting at heart level
- Do not cross your legs
What can you do about high BP?

Lowering blood pressure with a medication reduces the chances of dying early by 1 in 4.

Most people with diabetes will need medication to lower BP. Often 3 or more pills are needed.

...So...
Taking Medication for Blood Pressure

- **Do not stop** taking your BP pills without talking to your doctor first.
- Know the possible side effects and talk to your doctor about them.
- Be sure to get prescriptions renewed and refilled.
REMEMBER when you have Diabetes, reducing your BP...

... can help you reduce your risk for:
- Heart disease
- Kidney disease
- Diseases of the eyes
And in conclusion…

- ✓ Check your own BP; write down the results and take them with you to doctor’s visits
- ✓ Have your BP checked at every clinic or doctor’s visit
- ✓ Stick to your lifestyle changes once you have made them!
For your patients – ask them to sign up at www.hypertension.ca for free access to the latest Information and resources on high blood pressure.

For health care professionals – sign up at www.hypertension.ca for automatic updates and on current hypertension educational resources.
This slide deck has been developed in collaboration with

Hypertension Canada
Canadian Diabetes Association
Heart and Stroke Foundation of Canada
Diabetes Québec
Canadian Council of Cardiovascular Nurses
Canadian Pharmacists Association