



Hypertension and Diabetes

High blood pressure (hypertension) can be particularly dangerous for those living with diabetes.

Understanding the Connection

Diabetes and hypertension often go hand-in-hand. High blood sugar levels can damage blood vessels, making them less flexible and more prone to narrowing. This can lead to increased blood pressure. Certain diabetes medications can also contribute to high blood pressure.

The Dangers of Uncontrolled Blood Pressure

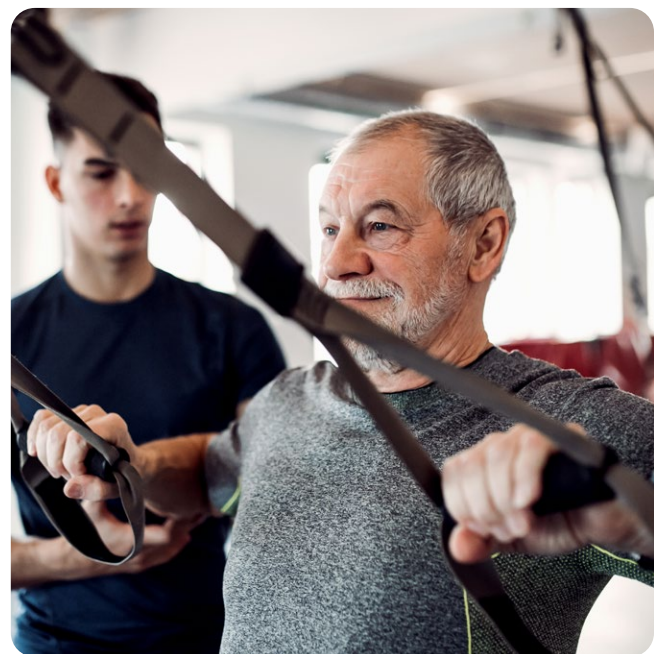
- **Heart Disease:** By damaging the heart muscle and increasing the risk of heart attack and failure.
- **Stroke:** By weakening blood vessels in the brain, increasing the risk of stroke.
- **Kidney Disease:** By damaging the kidneys, leading to kidney failure.
- **Eye Damage:** By damaging the blood vessels in the eyes, leading to vision problems.

Managing High Blood Pressure with Diabetes

To effectively manage high blood pressure with diabetes, it's essential to adopt a comprehensive approach.

1. Lifestyle Modifications.

- **Healthy Diet:** Consume a diet rich in fruits, vegetables, whole grains, and lean protein. Limit sodium intake.
- **Regular Exercise:** Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Weight Management:** Maintain a healthy weight to reduce the strain on your heart.
- **Stress Management:** Practice relaxation techniques like yoga, meditation, or deep breathing.
- **Limit Alcohol:** Excessive alcohol consumption can raise blood pressure.
- **Quit Smoking:** Smoking can significantly increase your risk of heart disease and stroke.



2. Medication:

- **Antihypertensive Medications:** Your doctor may prescribe medications to lower your blood pressure, such as diuretics, beta-blockers, ACE inhibitors, ARBs, and calcium channel blockers.
- **Regular Monitoring:** Monitor your blood pressure regularly at home and during doctor visits.

By taking proactive steps to manage your blood pressure, you can reduce your risk of serious health complications and improve your overall quality of life.

Remember to consult with your healthcare provider to develop a personalized treatment plan.



Partnering with ADS and US MED for Your Health

Managing both hypertension and diabetes is easier with the right support. At US MED and Advanced Diabetes Supply (ADS), we're dedicated to providing the diabetes care and technology you need to stay on top of your health. From glucose meters to continuous glucose monitors, our reliable DME services simplify diabetes management. Contact us today to find out how our products and services can help improve your quality of life.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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