

Living Well Tip of the Week

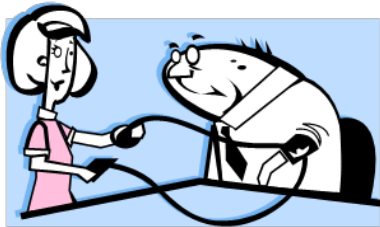
Diabetes and High Blood Pressure. What you need to know.

High blood pressure (hypertension) is an important risk factor for the development and worsening of many complications of diabetes, including diabetic eye disease and kidney disease. It affects up to 60% of people with diabetes.

Having diabetes increases your risk of developing high blood pressure and other cardiovascular problems, because diabetes adversely affects the arteries, predisposing them to atherosclerosis (hardening of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure.

To help prevent high blood pressure:

- Stop smoking
- Eat healthy
- Maintain a healthy body weight
- Exercise
- Limit salt intake in the diet



Living Well Health Manager, UT System provides a wealth of resources dedicated to your better health. Access our private portal at www.webmdhealth.com/ut and learn more about High Blood Pressure and Diabetes. Also, click on the link below to watch Medco Diabetes Specialist Pharmacist explain the importance of taking your medication as prescribed by your doctor. [Medco Video Platform](#).