

Name:
Name of Doctor/Nurse:

Date:

Diabetes and blood pressure

Information prescription

Your last blood pressure reading is

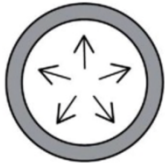
People with diabetes and high blood pressure are at increased risk of having a heart attack or stroke. By lowering your blood pressure, you can dramatically reduce your risk.

Recommended target for blood pressure is lower than

What does blood pressure mean?

It's the force your heart needs to push blood around your body. The two numbers show the biggest force your heart uses to push your blood and the least pressure when your heart has relaxed.

Blood vessel



Normal



High

When is high blood pressure a problem?

High blood pressure (sometimes called hypertension) is when the force used to push blood around your body is normally higher than recommended. High blood pressure puts more strain on your heart and blood vessels. If you have high blood pressure, you may feel healthy, but it is causing damage to blood vessels.

How can I lower my blood pressure?

Getting support to make lifestyle changes has been proven to reduce blood pressure and make you feel healthier. Most people with diabetes will need medication as well. Some people require more than one type of medicine.

- Your doctor will advise on the best medications for you. You'll need to have your blood pressure checked to see how well it is working. Most people don't experience side effects. If you do it's important to tell your doctor.

Get support to manage your weight

- If you are living with obesity or overweight, ask about a referral to your local weight management groups.

Eat a healthy balanced diet

- Reduce salt: eat less fast food, choose low-salt options, and do not add salt.
- If you drink, cut down on alcohol.
- Eat plenty of vegetables and fruit - aim for at least five portions a day.
- Eat less fatty foods, processed meats, pastries and cakes.
- Aim for at least two portions of oily fish a week.

Get more active

- Aim for 150 minutes a week to raise your heart beat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Stop smoking

- For help giving up ask for your free NHS local Stop Smoking Service.

Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

Date to be reviewed:

For information or support, call Diabetes UK Helpline: **0345 123 2399*** Monday to Friday, 9am-6pm, or go to **www.diabetes.org.uk/info-p**