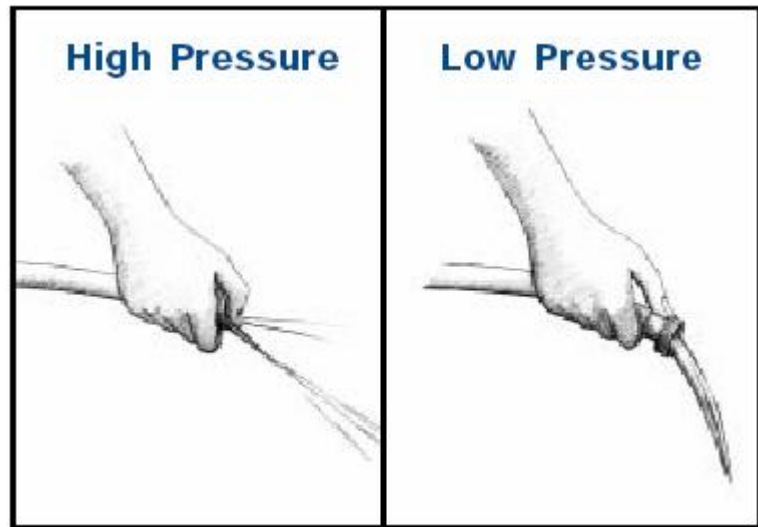


Diabetes and high blood pressure often go hand-in-hand. If you have heart, eye, or kidney problems from diabetes, high blood pressure can make them worse.

You will see your blood pressure written with two numbers separated by a slash.

For example: 120/70

Keep your first number below 130 and your second number below 85.



High Pressure can damage your heart, eyes, kidneys, and brain.



Keep your blood pressure below 130/85

You may need to take blood pressure medicine. An ACE inhibitor is the best type because it can slow down kidney damage by keeping the kidneys from losing too much protein. Take your medicine every day unless your doctor tells you to stop.

To lower my blood pressure I will:

- Lose weight
- Eat more fruits and vegetables
- Eat less salt and high-sodium foods such as:
 - canned soups
 - luncheon meats
 - salty snack foods
 - fast foods
- Drink less alcohol
- Walk for one-half hour on most days

