



Learn more about hypertension in people with diabetes.

# Know Diabetes by Heart™

## Treating Hypertension in People with Diabetes



What is the on-treatment target for blood pressure?

**<130/80 mmHg if it can be safely attained**

### Lifestyle Intervention

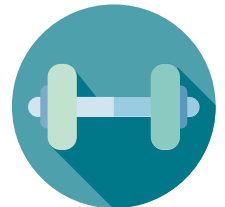
For people with blood pressure  $\geq 120/80$  mmHg, counsel people with diabetes on:



**Weight loss**  
Consider Dietary Approaches to Stop Hypertension (DASH) diet to reduce sodium and increase potassium intake.



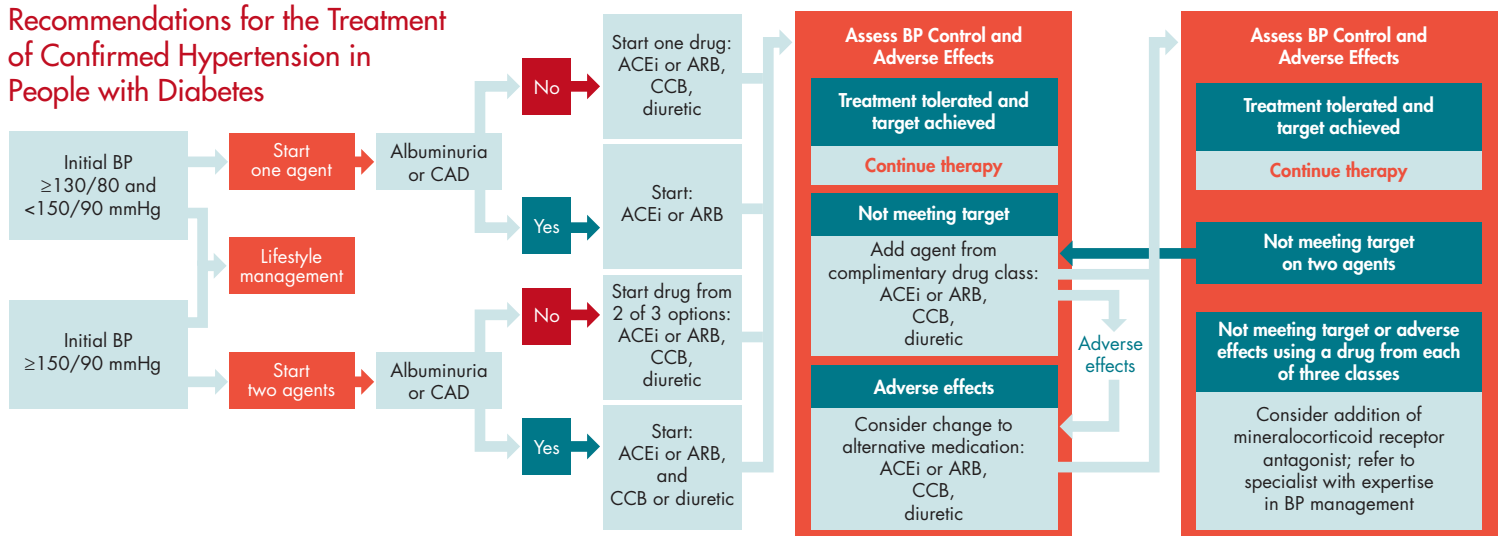
**Moderation of alcohol intake**



**Increased physical activity**

### Pharmacologic Interventions

#### Recommendations for the Treatment of Confirmed Hypertension in People with Diabetes



BP = Blood pressure  
CAD = Coronary artery disease

ACEi = Angiotensin-converting enzyme inhibitor  
ARB = Angiotensin II receptor blockers

CCB = Calcium channel blockers

Learn more at [KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)