



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 >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.



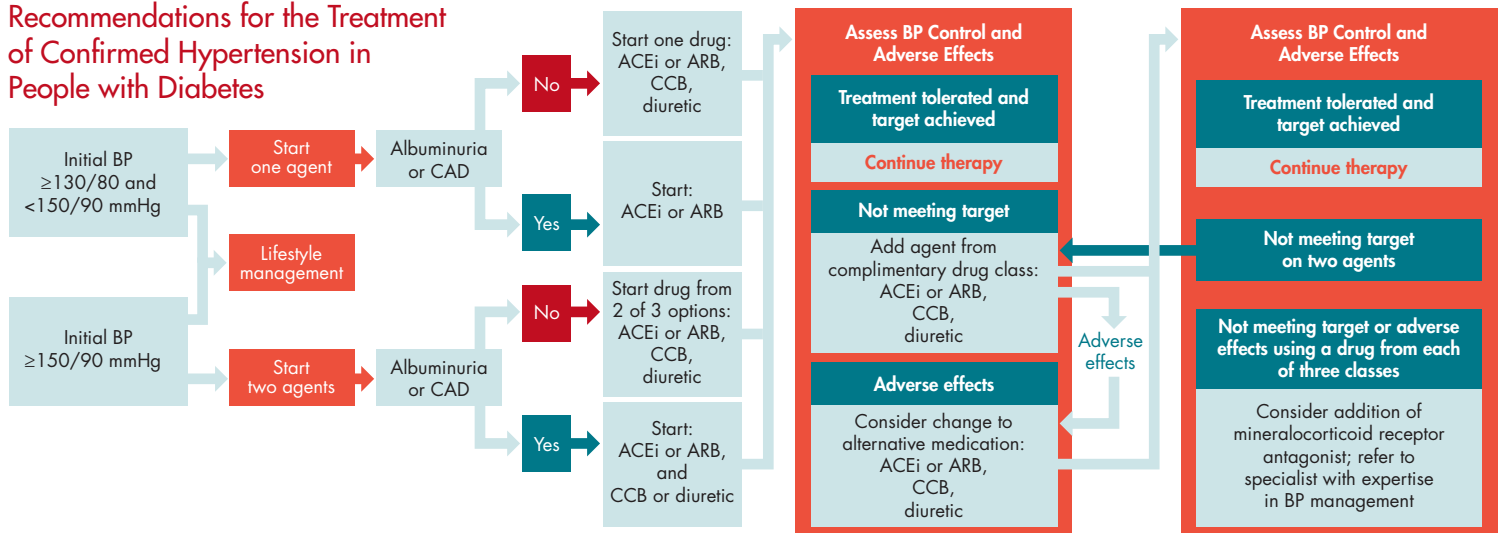
Moderation of alcohol intake



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