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

- **Initial BP ≥130/80 and <150/90 mmHg**
  - **Start one agent**
    - Albuminuria or CAD
  - **Lifestyle management**

- **Initial BP ≥150/90 mmHg**
  - **Start two agents**
    - Albuminuria or CAD

<table>
<thead>
<tr>
<th>Adverse effects</th>
<th>Consider change to alternative medication: ACEi or ARB, CCB, diuretic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assess BP Control and Adverse Effects</td>
<td>Treatment tolerated and target achieved</td>
</tr>
<tr>
<td>Treatment tolerated and target achieved</td>
<td>Continue therapy</td>
</tr>
<tr>
<td>Not meeting target</td>
<td>Add agent from complimentary drug class: ACEi or ARB, CCB, diuretic</td>
</tr>
<tr>
<td>Not meeting target on two agents</td>
<td>Consider change to alternative medication: ACEi or ARB, CCB, diuretic</td>
</tr>
<tr>
<td>Adverse effects</td>
<td>Continue therapy</td>
</tr>
<tr>
<td>Not meeting target or adverse effects using a drug from each of three classes</td>
<td>Consider addition of mineralocorticoid receptor antagonist; refer to specialist with expertise in BP management</td>
</tr>
</tbody>
</table>

ACEI = Angiotensin-converting enzyme inhibitor
ARB = Angiotensin II receptor blockers
CCB = Calcium channel blockers

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

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