

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:



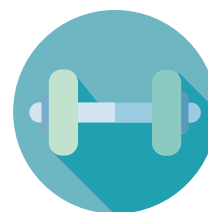
Weight loss
Consider Dietary
Approaches to
Stop Hypertension
(DASH) diet to
reduce sodium
and increase
potassium intake.



**Moderation of
alcohol intake**



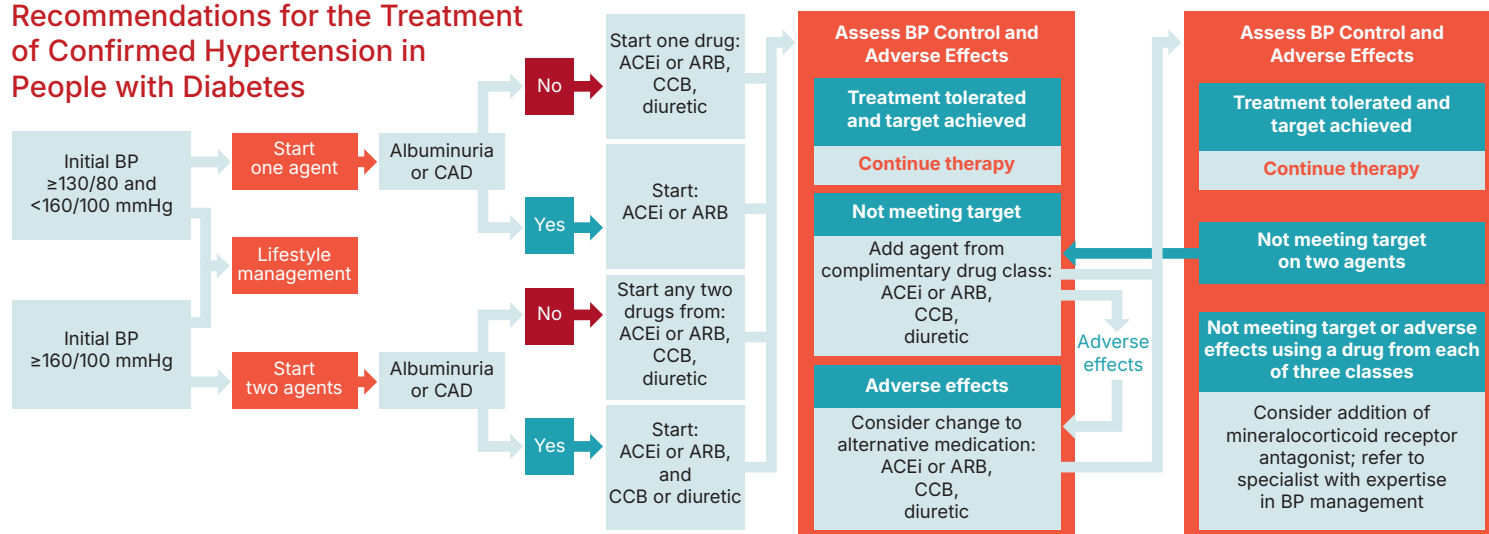
**Smoking
cessation**



**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