

What to know about blood pressure

High blood pressure (hypertension) makes your heart work harder and can damage blood vessels. This makes it more likely that you could have a heart attack, a stroke, eye problems, or kidney problems.

2 out of 3 adults with diabetes may have high blood pressure.

High blood pressure is a “silent” problem

There may be no signs of high blood pressure. You may not know you have it until your doctor checks your blood pressure.

What the numbers mean

Blood pressure is measured with two numbers, such as “130/80 mmHg”.

- The first number (“130”) is the pressure of blood coming out of the heart into the blood vessels, known as “systolic” pressure
- The second number (“80”) is the pressure of the blood in the vessels between heartbeats, known as “diastolic” pressure



The American Diabetes Association and the National Institutes of Health say:
The blood pressure goal for people with diabetes should be below 130/80 mmHg

Keep blood pressure below the goal to help lower the chance of heart problems

Ask your doctor how you can control your blood pressure. Some ways to help lower blood pressure include:

- Make healthy food choices and use less salt
- Try to lose weight
- Get physical activity
- Stop smoking

If your blood pressure is high, your doctor may have you take blood pressure medicine to lower your blood pressure and help prevent heart problems.

Talk to your doctor about a blood pressure plan that is right for you.