

Diabetes & You

Diabetes & High Blood Pressure: A Deadly Combination

(NAPSA)—There's a growing problem in America—diabetes. Each year nearly 800,000 people in the U.S. are diagnosed with this disease. Nearly 75 percent of people with diabetes also have high blood pressure, which can result in serious health complications.

According to the American College of Physicians, diabetes is the seventh leading cause of death in the U.S. and causes complications such as heart attack and stroke, blindness, and kidney disease.

People with diabetes have difficulty converting the sugar (glucose) in their food into energy by the cells. A person with diabetes may not produce enough insulin or their cells may not be able to use the insulin to convert the glucose into energy.

Type 2 diabetes is the most common form of the disease. Type 1 occurs in children and young adults, and gestational diabetes can occur during pregnancy.

You can lower your risk of getting type 2 diabetes by eating a healthy diet high in fruits, vegetables, fish, poultry and whole grains, exercising regularly and losing weight if you are overweight.

Diabetes has no cure, but it can be managed. Diet control and exercise are important and home monitoring of blood glucose is usually required. Pills or insulin injections may also be prescribed to help lower the blood glucose level. Keeping blood sugar under control can help prevent complications.

Most diabetics die from cardiovascular causes such as heart attack, stroke or heart failure. But



Lowering blood pressure in patients with type 2 diabetes dramatically decreases their risk of complications.

if you have type 2 diabetes and high blood pressure there is hope. Lowering your blood pressure can dramatically decrease your risk of heart disease, stroke and early death.

Blood pressure can usually be controlled with lifestyle modifications and prescription drugs such as ACE inhibitors and water pills. If you cannot tolerate these drugs, talk to your internist about other medications. The American College of Physicians guidelines suggest that patients with type 2 diabetes and high blood pressure aim for blood pressure levels of less than 135/80.

To learn more about diabetes, or to download a free brochure, which includes a list of symptoms and risk factors, you can visit www.doctorsforadults.com.