











THE DUAL CHALLENGE – DIABETES AND HIGH BLOOD PRESSURE

Tips for Good Blood Pressure Control

	<p>Salt (sodium) makes your body retain water, which can make your blood pressure go up. Avoid foods that are high in salt, such as processed soups and meals, potato chips, pickles, and peanuts. Cook with little or no salt, and do not add salt to your food on the table.</p>
	<p>Talk with your doctor before starting an exercise program; then begin an exercise program doing an activity you enjoy. Many people choose walking since it doesn't require special equipment other than good shoes. Work toward 30 minutes of activity each day, this can be broken down into three 10 minute sessions or two 15 minute sessions. If you notice chest pain, shortness of breath, or tightness in the chest, stop and seek medical attention.</p>
	<p>Eat a variety of foods every day. Choose lean meat, fresh or frozen vegetables, fresh fruits, low fat dairy, healthy fats like olive or canola oil, and whole-grain foods. Whole grains foods are preferred over simple starches and sugars for better blood sugar control. Drink 6-8 glasses of water every day and reduce caffeine intake. Ask for a referral to see the dietitian for a meal plan just for you and your needs.</p>
	<p>Weight loss can improve blood pressure numbers as well as blood sugars numbers. Losing 10-15 pounds can make a difference.</p>
	<p>If your doctor has put you on medicine, you need to take them as ordered. It may take two or more medications to control you blood pressure. To prevent blood clots, take a baby aspirin every day. Tell your doctor if you cannot afford your medications.</p>
	<p>If you smoke, STOP SMOKING. Smoking is not good for you or for your lungs. Smoking can make your blood pressure go up. Try chewing sugarless gum when you feel like smoking. There are classes, medicines or patches available to help you stop smoking. Ask your doctor.</p>
	<p>Doing something you enjoy will help keep your blood pressure down. It also helps if you can talk to someone when you feel stressed out. You can talk to a friend, a clergy or a family member.</p>
	<p>To protect your vision, visit an eye specialist every year or more frequently if advised.</p>
	<p>Limit alcohol to 1 drink per day with food. 12 ounces of beer and 5 ounces wine or 1 ounce of hard liquor is "1 drink".</p>
	<p>Diet, exercise, relaxing activities, and taking your medicines as ordered are all important in controlling your blood pressure.</p>