

Title:

Intensive antihypertensive therapy in normotensive type II diabetics

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Key words:

Diabetes, ACEi, nephropathy, retinopathy, antihypertensive therapy

Abstract:

In the context of this research, clinicians should have a low threshold for diagnosing and treating even 'pre-hypertension' as the maintenance of strict blood pressure control can prevent or slow the development of many end-stage organ damages typically associated with diabetes. As is the classical teaching, the use of ACE inhibitors is a good first step. Although, calcium channel blockers may also be used, as can B-blockers and others for supplementary medication.

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Questions?

- ✓ Be sure to consult with your doctor about all of your diabetes and health care needs
- ✓ Diabetes educators are available at many clinics. Ask about arranging an appointment

Additional Information:

Be sure to log on to the website of the American Diabetes Association:

www.diabetes.org



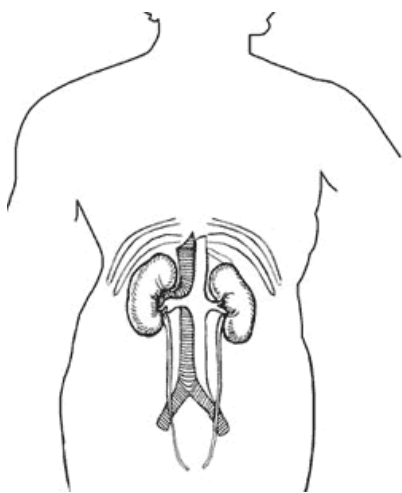
Diabetes and You

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Diabetes and You

Staying healthy and happy with diabetes

*Information about how diabetes
can affect your kidneys, eyes, and
cardiovascular health*

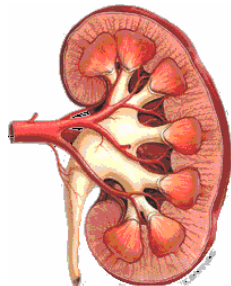


I have diabetes, Doc, what does that mean?

People with diabetes cannot appropriately use the sugar (carbohydrates) they eat. Sugar builds up in the blood and can affect many organs in the body. It can also affect the way a person feels physically and emotionally.

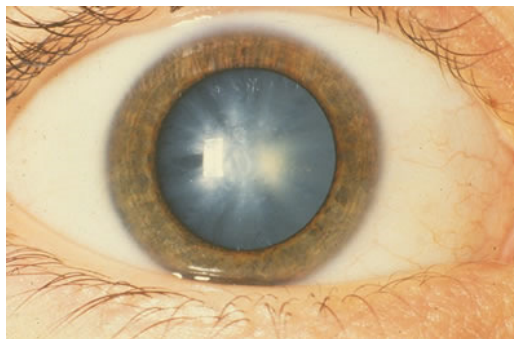
How can the kidneys be affected?

Changes in the blood vessels can lead to the kidney to not work as well. As a result, protein may leak into the urine. This is how doctors check for diabetic kidney disease.



How can the eyes be affected?

Increased pressure in your eyes can affect your vision. Also, the growth of new vessels in your retina (the back of your eye) can cause damage to your eye and worsen your vision.



*This picture shows cataracts in the eye of a diabetic.

Could I have a stroke?

Yes. Elevated blood sugars can affect all vessels in your body, including those in your brain. The blockage of a vessel in your brain would lead to a stroke. Know how to reduce your risks.



Is there anything I can do to prevent these things?

Yes! Good blood sugar control will make a tremendous difference. You can achieve this by following these lifestyle recommendations:

- ✓ Test your blood sugar often
- ✓ Take your medication as prescribed
- ✓ See your doctor regularly
- ✓ Exercise for 30 minutes 3-5 times per week
- ✓ Eat a healthy diet full of fruits, vegetables, and lean meats
- ✓ Quit smoking



Is there anything the doctor can do to help me?

Yes! Some new evidence suggests that taking medications to control your blood pressure can decrease your risk of damage to your kidneys, eyes, and blood vessels – including decreasing the risk of stroke.