

Title: Diabetes and Blood Pressure Control

Author: Aaron Lisberg, MS3

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Abstract: Lowering the systolic blood pressure of newly diagnosed type 2 diabetics can significantly decrease the incidence of diabetes related microvascular complications such as retinopathy, vitreous hemorrhage, and renal failure. A 10 mm Hg reduction in systolic blood pressure leads to a 13% ( $P < 0.0001$ ) decrease in the incidence of microvascular complications.

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## HOW DO I LOWER MY BLOOD PRESSURE?

- ✓ Exercise daily
- ✓ Eat a diet high in fruits and vegetables
- ✓ Limit your salt, alcohol, and caffeine intake
- ✓ Lose weight if you are overweight
- ✓ Stop smoking cigarettes
- ✓ Take your blood pressure medications as prescribed

## WHAT ELSE SHOULD I KNOW?

- ✓ Have your blood pressure checked at least 4 times per year by your doctor
- ✓ Have a complete eye exam yearly
- ✓ Have your urine and blood checked yearly by your doctor for evidence of kidney disease

## WHERE CAN I GET MORE INFORMATION?

- ✓ [www.diabetes.org](http://www.diabetes.org)
- ✓ [www.familydoctor.org](http://www.familydoctor.org)
- ✓ [www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp)
- ✓ [www.eyecareamerica.org](http://www.eyecareamerica.org)
- ✓ [www.nei.nih.gov/health/diabetic/retinopathy.asp](http://www.nei.nih.gov/health/diabetic/retinopathy.asp)
- ✓ [diabetes.niddk.nih.gov](http://diabetes.niddk.nih.gov)
- ✓ [patienteducationcenter.org](http://patienteducationcenter.org)

# Diabetes & Blood Pressure Control



Aaron Lisberg  
Class of 2011  
MS3

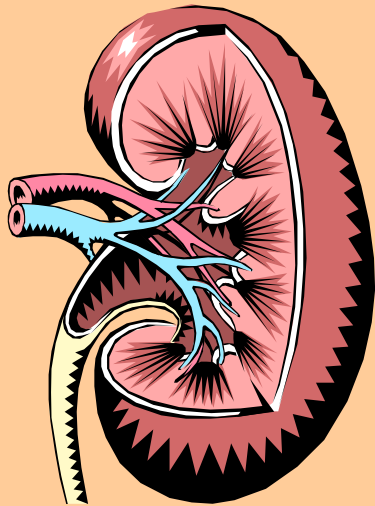
PREVENTING FUTURE  
DIABETIC COMPLICATIONS

DIABETICS WITH HIGH BLOOD PRESSURE CAN DEVELOP:

1. **Eye Disease**



2. **Kidney Disease**



DIABETIC EYE DISEASE:  
**WHAT IS IT?**

Diabetic eye disease is also called “diabetic retinopathy.” It results from a progressive weakening of the blood vessels in the eye and can lead to blurry, distorted vision. In fact, it can even lead to blindness!

**IS IT A BIG DEAL?**

Yes, it is the leading cause of adult blindness in the U.S.

DIABETIC KIDNEY DISEASE:

**WHAT IS IT?**

Diabetic kidney disease is also called “diabetic nephropathy.” Diabetes damages the kidneys preventing them from effectively clearing waste from your body.

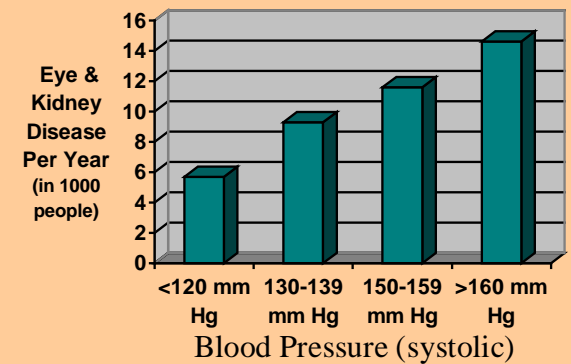
**WHAT ARE THE SYMPTOMS?**

In the early stages there may not be any symptoms. Later, you may notice swelling of your feet or legs.

**IS IT A BIG DEAL?**

Yes, it can lead to kidney failure and death!

HOW DOES BLOOD PRESSURE AFFECT DIABETIC EYE AND KIDNEY DISEASE?



**INTERESTING FACT:**

**A 10 mm Hg reduction in blood pressure (systolic) leads to a 13% decrease in the annual incidence of diabetic eye and kidney disease!**