

Title: Carvedilol offers significant advantages over Metoprolol for control of hypertension in patients with Type II Diabetes Mellitus.

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Abstract: When using beta-blocker for blood pressure in patients with Type II diabetes mellitus, the metabolic effects of Carvedilol are superior to those of Metoprolol. While both drugs appear to have equivalent ability to lower blood pressure, patients taking Carvedilol better HgbA1c levels, improved insulin sensitivity, and lower levels of microalbuminuria.

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Controlling Hypertension in diabetes

Is one beta blocker better than another?

What is hypertension and why does it matter to me?

-Hypertension is term medical staffs use to describe high blood pressure

-Blood pressure is measured with two numbers:

-Systolic pressure measures the pressure in your blood vessels during a heart beat

-Diastolic pressure measures the pressure in your blood vessels when the heart relaxes

-Normally blood pressures are recorded as systolic pressure over diastolic pressure

-For example a person with a systolic pressure of 125 and a diastolic blood pressure of 85 would have a recorded blood pressure of 125/85



Why is blood pressure control important for patients with diabetes?

-Controlling blood pressure is important for ALL people to lower your risk of:

- Heart Attack
- Stroke
- Peripheral artery disease
- Heart failure

-Research has shown that patients with diabetes are at higher risk for all of these medical problems

-Lowering blood pressure is best way to prevent these problems

-The goal for patients with diabetes is a blood pressure of less than 130/80.



How do I control my blood pressure?

-Some patients are able to control their blood pressure by eating healthy food, avoiding salty foods, and exercising

-However most patients with diabetes need medicines to help lower blood pressure.

-In fact many patients will need more than one blood pressure medicine

-Your doctor will look at your personal needs to pick the best medicines

My doctor wants to start a beta blocker to lower my blood pressure. Does it matter which one?

-For patients who have had heart attacks or have heart disease, a beta blocker is a recommended blood pressure medication

-One major study showed that the beta blocker Carvedilol was better for patients with diabetes than Metoprolol, another beta blocker

-Patients taking Carvedilol have better control of their blood sugars, lower levels of cholesterol, and improved kidney function compared to people taking Metoprolol*

-If you are a diabetic patient and are taking Metoprolol and are interested in switching to Carvedilol, make an appointment with your doctor to discuss your options

* Based on results of the GEMINI trial

Learn more about high blood pressure in diabetes at:

-WedMD-Keyword: pressure diabetes

-National Heart Lung and Blood Institute:

<http://www.nhlbi.nih.gov/hbp/index.html>

*Be sure to talk to your doctor about any information you may find on the internet

