



Quick Tips for Reducing Risks  
**Controlling hypertension**  
**(high blood pressure)**



**ACCU-CHEK®** *Healthy Habits*

OF LIVING WITH DIABETES

## What is hypertension?

Hypertension, or high blood pressure, occurs when the force of blood flow inside blood vessels is too high. This increased pressure causes the heart to work harder to pump blood through the body, which can lead to serious health problems.

## Complications of hypertension

Treating hypertension is important in preventing cardiovascular disease (CVD)—the leading cause of death in people with diabetes. People with diabetes and hypertension have nearly twice the risk of CVD as people with hypertension only.<sup>1</sup> Studies show a direct link between high blood pressure and an increased risk of:

- Artery damage
- Heart attack
- Stroke
- Kidney failure
- Blindness
- Congestive heart failure

## What causes hypertension?

The causes of hypertension are unknown. Several factors may play a role in its development, including:

- Family history
- Obesity
- Lack of physical activity
- Too much salt in the diet
- Stress
- Older age
- Too much alcohol consumption (more than 1-2 drinks per day)

## Symptoms of hypertension

There are often no symptoms or warning signs of hypertension, so you usually do not feel it.

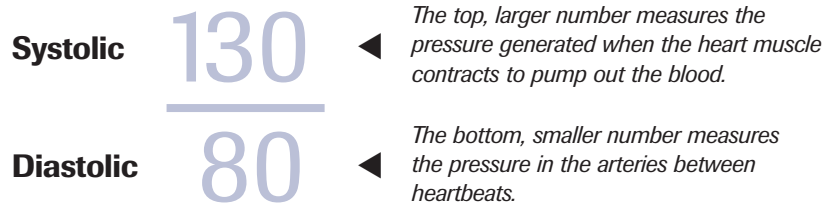
In fact, about one in three adults in the United States has hypertension.<sup>3</sup> Hypertension itself has no symptoms. The only way to find out is to have your blood pressure checked.

## How can I tell if I have high blood pressure?

Your doctor should check your blood pressure for hypertension at each visit. You can also measure your blood pressure using a machine at your local pharmacy or a home monitoring device.

## How is it measured?

Blood pressure is reported in two numbers:



For people with diabetes, the blood pressure goal is less than 130/80.<sup>2</sup>

*Get your blood pressure checked by your doctor at every visit.*

## How is hypertension treated?

Hypertension is treated by making lifestyle changes and with medications.<sup>3</sup> Lifestyle changes include:

- Losing weight
- Stopping smoking
- Eating a healthy diet that includes daily servings of fruits, vegetables, and whole-grain foods
- Limiting sodium and alcohol intake
- Getting enough exercise, especially aerobic exercise

There are several types of drugs available to treat hypertension, including ACE inhibitors, angiotensin receptor blockers (ARBs), diuretics, beta-blockers, and calcium channel blockers. It may be necessary to take one or more medications to control your blood pressure.<sup>4</sup>

*Controlling blood pressure can reduce the risk of heart attack and stroke.*



*The American Diabetes Association (ADA) recommends a blood pressure of less than 130/80 for people with diabetes.<sup>2</sup>*

### Hypertension treatment recommendations:<sup>2</sup>

	Systolic pressure	Diastolic pressure
Goal	Below 130	Below 80
Lifestyle change alone (max. 3 months); then add medication(s)	130–139	80–89
Lifestyle change and medication(s)	Above 140	Above 90

Use this chart to track your blood pressure results:

### ADA blood pressure target: Below 130/80<sup>2</sup>

Date of Office Visit	My Results	Target



Healthy Eating

Being Active

Monitoring

Taking Medication

Problem Solving

Healthy Coping

Reducing Risks

## Reducing risks

Managing your blood pressure, practicing healthy habits, and taking prescribed medicine properly are all key elements in maintaining the Healthy Habits of Living with Diabetes. Roche, the maker of ACCU-CHEK® products, offers a variety of options to help you manage your diabetes—so you can go beyond living life to loving life.

Call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072 or visit the award-winning **accu-chek.com** for additional tools and resources.



- <sup>1</sup> American Diabetes Association, American College of Cardiology. Hypertension in Diabetes. *Diabetes and Cardiovascular Disease Review 2* (2002): 1–4. Available at [www.diabetes.org/rendodocuments/ADACardioReview\\_2.pdf](http://www.diabetes.org/rendodocuments/ADACardioReview_2.pdf). Accessed June 28, 2007.
- <sup>2</sup> American Diabetes Association. “Standards of Medical Care in Diabetes-2008. *Diabetes Care 30* (2008): S12-S54.
- <sup>3</sup> U.S. Department of Health and Human Services, National Institutes of Health. National Heart, Lung and Blood Institute Diseases and Conditions Index. Available at [www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html). Accessed April 16, 2008.
- <sup>4</sup> Mayo Foundation for Medical Education and Research. High Blood Pressure (Hypertension) Overview. Available at: <http://www.mayoclinic.com/health/high-blood-pressure/DS00100>. Accessed June 28, 2007.



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