

# Getting to Goal

## High Blood Pressure and Diabetes: What's the link...and what can you do about it?

*Two out of every three adults with diabetes also have high blood pressure. Having both conditions raises your risk for heart disease, stroke, kidney disease, and eye problems.<sup>1</sup>*

### Risk for Diabetes

Having high blood pressure puts you at higher risk for type 2 diabetes, and vice versa. Diabetes and high blood pressure share many of the same risk factors, such as:<sup>2</sup>

Being overweight or obese

Not exercising

Having a family history of the condition

Being of a certain race (African Americans are at higher risk, for example)

Type 2 diabetes is one of three types of this disease. All three types of diabetes cause problems with blood sugar control, but each type a little different:<sup>2</sup>

Type of Diabetes	What Happens in Your Body	Who Gets It
Type 1	The immune system attacks cells in the pancreas so they can't produce insulin. Without insulin, your body can't change sugar from the foods you eat into energy.	Occurs most often in children, teens, and young adults
Type 2	Body cells have trouble using insulin (called insulin resistance). At first the pancreas makes more insulin. But then it "wears out" and can't produce insulin.	May occur at any age, especially in people who are overweight and inactive
Gestational	Pregnancy hormones affect how the body uses insulin.	Occurs in pregnancy

*As with high blood pressure, many Americans have type 2 diabetes and do not know it. There are often no signs or symptoms. Sometimes people have symptoms but do not suspect diabetes.<sup>2</sup> Symptoms of type 2 diabetes can include:*

- Increased thirst or hunger
- Fatigue
- Increased urination
- Weight loss
- Blurred vision
- Sores that do not heal



*(Over, please)*