

TAKE YOUR MEDICATIONS

Taking your medications will help your blood pressure stay controlled. Even if your blood pressure is in the healthy range please keep taking your medication unless advised otherwise by a doctor



Speak to your gp about reviewing the medications you are taking and make sure you attend your yearly diabetes check

EAT MORE FRUIT & VEG

Try to eat atleast five portions of fruit and vegetables per day. Although your sugar intake is very important for controlling diabetes it doesn't help lower your blood pressure, but a good diet can help you loose weight which will help lower blood pressure.



WAYS YOU CAN MONITOR YOUR BLOOD PRESSURE

Take blood pressure readings at home or take them at the pharmacy when you are picking up your medications.

PHARMACY

CONTROLLING YOUR BLOOD PRESSURE IN DIABETES

A SIMPLE GUIDE ON HOW YOU CAN LOWER YOUR BLOOD PRESSURE AT HOME

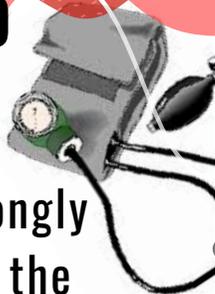


WHAT IS BLOOD PRESSURE?

Blood pressure is how strongly your blood pushes against the walls of your arteries when it pumps round your body. If your blood pressure is too high it can put strain on your arteries and heart. It can have a bigger impact than uncontrolled sugars

WHAT IS A HEALTHY BLOOD PRESSURE?

A healthy blood pressure is 140/80 or lower. Having a high blood pressure when you have diabetes increases your risk of stroke, heart attack, chronic kidney disease, retinopathy and neuropathy.



HOW TO CHANGE YOUR LIFESTYLE

EAT LESS SALT

An adult should eat less than 6g of salt a day. Try monitoring salt intake by looking at food labels and recording it on an app. Reduce the amount of salt you add to food by using alternatives such as lemon.



REDUCE ALCOHOL INTAKE

Aim to drink less than 14 units per week for both men and women. This is equivalent to 7 pints of lager or 7 medium glasses of wine.



STAY ACTIVE



Aim to do at least 150 minutes of moderate exercise per week. This includes walking, dancing, gardening, and swimming.

Ealing Council offer free cycling services and many programs such as everyone active for over 50s



STOP SMOKING

Every time you smoke a cigarette it increases your blood pressure in the short term.

