

Step 1 – Lifestyle Changes for Managing High Blood Pressure

If you have type 2 diabetes you are likely to also have high cholesterol and high blood pressure. Together, these conditions increase your risk for heart disease. When planning meals, snacks and other daily habits for managing your blood sugar, you may also want to make choices that can help you keep your cholesterol and blood pressure in check so you can stay your healthiest. Many of the tips for managing diabetes and high blood pressure are also recommended for managing cholesterol and weight.

– 1 – Weight



Keep your weight in a healthy range. Even modest weight loss can improve blood pressure.

– 2 – Activity



Try to be active at least 30 minutes most days. Regular aerobic exercise such as brisk walking can help improve blood pressure control. Talk to your doctor before beginning an exercise program.

– 3 – Sodium



Limit sodium intake. Aim for less than 2,300 milligrams daily. Although most foods naturally contain small amounts, higher amounts of sodium are added to foods during processing, preparation or at the table. Therefore, avoid soups, entrees, and packaged, processed and canned meats unless they are labeled low sodium. Replace salt and salty seasonings with sodium-free flavoring, such as lemon juice, pepper, garlic, vinegar and herbs.

– 4 – Alcohol

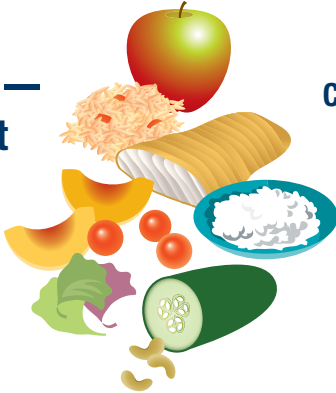


Limit alcohol consumption. Light consumption may help blood pressure. Excessive consumption of alcohol is associated with increased blood pressure.

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– 5 – Diet



Consider using a **DASH diet**. The *Dietary Approaches to Stop Hypertension* diet:

- a. emphasizes fruits, vegetables and low-fat dairy products
- b. includes whole grains, poultry, fish and nuts
- c. is low in fat, red meat, sweets and sugar-containing beverages

– 6 – Smoking



If you smoke, find a way to quit.

– 7 – Medications



Follow your doctor's orders and take all medications as prescribed.

Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.
Web site: www.RxSolutions.com/diabetes

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