HIGH BLOOD PRESSURE AND DIABETES

Good blood pressure control is important for people with diabetes.

Diabetes increases your risk (chance) of having high blood pressure. Diabetes and high blood pressure both increase your risk for heart attack or stroke.

If you have diabetes, your blood pressure goal is 130 over 80 or lower. Have your blood pressure checked if you don't know what it is. A blood pressure check is often FREE at your doctor's office, pharmacy, or health clinic.

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