Blood Pressure

**Target** -
140 / 80

Good blood pressure control.

Raised blood pressure can increase diabetes complications.

You must check blood pressure regularly.

Eat healthy food, reduce salt and exercise regularly.

Remember your target is 140 / 80
Blood Pressure

Target - 140 / 80

- Excellent control of blood pressure is required!
- Raised blood pressure can increase most complications of diabetes.
- It is important that it is checked regularly.
- You may need to change what you eat and exercise more.

UK Prospective Diabetes Study
Blood Pressure Control Study

A Blood Pressure of 144/82 versus 154/87

Death related to diabetes reduced by 32%
Heart Attacks reduced by 21%
Stroke reduced by 14%

Remember your target is 140 / 80
Have you hit the bulls eye?