Diabetes and High Blood Pressure

2 of 3 people with diabetes report having high blood pressure or take prescription medications to lower their blood pressure.

No matter what type of diabetes you have, smoking makes your diabetes harder to manage. If you have diabetes and you smoke, you are more likely to have serious health problems from diabetes, including:

- Heart disease
- Kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation
- Retinopathy (an eye disease that can cause blindness)



Falls are a leading cause of broken hips and other serious injuries in the elderly, and those with Alzheimer's are at particularly high risk of falling. Problems with vision, perception and balance increase as Alzheimer's advances, making the risk of a fall more likely.

Healthy Blood Pressure: below 120/80
Early High Blood Pressure: between 130/80 and 139/89
High Blood Pressure: 140/90 or higher



The lower your **blood pressure**, the better your chances of delaying or **preventing a heart attack or a stroke**.

About **1 in every 4** seniors falls at least once a year, and that's even more common for people who have **Alzheimer's** disease.

Call 911 so they can be checked by a professional. You also should get medical help right away if they:

- Can't stay awake
- Can't move a part of their body
- Have new weakness anywhere in their body
- Can't stand or walk normally (and could before)
- Have bleeding you can't stop

Since about half of all falls occur in the home, recommendation to make the home safer include:

- Remove things you can trip over, such as papers, books, clothes, and shoes, from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.