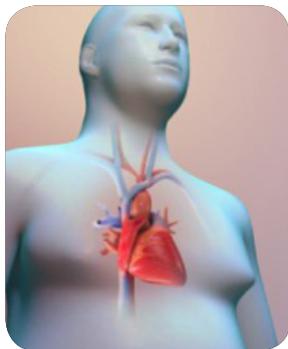


It is common for people with high blood pressure and abnormal lipid levels to also have type 2 diabetes. Having all of these conditions can affect your health.

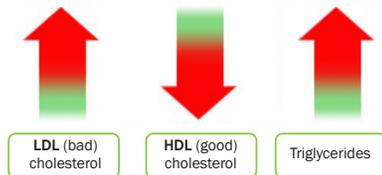
High Blood Pressure

If you have high blood pressure, it means the force of the blood pushing on the walls of your blood vessels is too high. Your heart has to work harder when your blood pressure is high. Some people with high blood pressure develop type 2 diabetes, though the exact cause isn't known.



Abnormal Lipid Levels

If you have abnormal levels of lipids in your blood, it may mean you have one or more of the following:



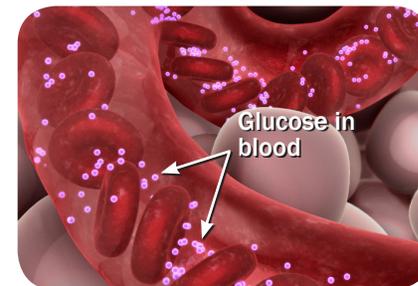
- You have too much LDL cholesterol, also known as “bad” cholesterol, in your blood
- You don't have enough HDL cholesterol, also known as “good” cholesterol, in your blood
- Your triglyceride level, also known as the “fat” in the blood, may be too high

You may have more than one of these lipid abnormalities at the same time.

People with abnormal lipid levels have a higher rate of type 2 diabetes.

Type 2 Diabetes

Type 2 diabetes is a condition where your blood glucose, or blood sugar, is elevated. Over time, high blood glucose can damage the blood vessels of your heart and other organs, leading to other health problems.



Impact of Having Cardiovascular Conditions and Type 2 Diabetes

Having high blood pressure, abnormal lipid levels, and type 2 diabetes can affect you in many ways, including:

- You will have a higher risk for eye, kidney, and nerve problems.
- It may be harder for you to go about your daily activities, and you may need help taking care of yourself.
- You may also need to take more medications
- Living with these conditions may cause depression

Cardiovascular Conditions and Type 2 Diabetes

Type 2 Diabetes Risk Reduction

The good news is that there are things you can do to help lower your risk of developing type 2 diabetes.

You may need to make changes to your lifestyle.



If you smoke, get the help you need to quit.



Maintain or get to a healthy weight.



Follow a healthy eating plan including foods low in fat, sodium, and carbohydrates.



Work with your healthcare provider to determine the right amount of physical activity for you.

Make sure you work with your healthcare provider to control your blood pressure and lipid levels.

This includes taking medications as prescribed by your healthcare provider.



Following the treatment plan you and your healthcare provider discussed will help you feel better and reduce your risk of getting type 2 diabetes.

The information in this handout has been created and peer reviewed by graduate-level medical illustrators, followed by reviews from medical subject experts, either physicians or PhDs on the Nucleus Medical Review Board, to ensure medical accuracy and audience level appropriateness.

The handout is intended to supplement the information you receive from your healthcare provider and should never be considered personal medical advice. Always contact your healthcare provider with health questions and concerns.