

# High Blood Pressure & Diabetes: What You Need to Know

**Among older adults, diabetes and high blood pressure (hypertension) are very common. They are also very serious:**

- *Adults with diabetes are two to four times more likely to have high blood pressure.*
- *When people have both diabetes and high blood pressure, their risk for heart disease doubles. But you can help prevent or delay heart disease if you learn how diabetes and high blood pressure are connected.*

*If you have high blood pressure but have not been told you have diabetes, you should get screened for diabetes.* It can be diagnosed by a simple blood test you can request from your doctor. And the good news is Medicare covers diabetes screenings for people with high blood pressure or high cholesterol. It also covers screenings for those who have a family history of diabetes, or are overweight, or had diabetes during pregnancy.

*If you already have diabetes and high blood pressure, it is important to care for both of these conditions.* Take your medications as prescribed. Make healthy food choices. Maintain a healthy weight. And be physically active.

**These groups can help you learn more about diabetes, high blood pressure, and heart health.**

## **National Council on Aging**

Connect the Dots

*Diabetes and Your Heart —*

*How Medicare Helps Program*

[www.ncoa.org/connectthedots](http://www.ncoa.org/connectthedots)

## **American Diabetes Association**

1-800-DIABETES (800-342-2383)

[www.diabetes.org](http://www.diabetes.org)

## **National Diabetes Education Program**

1-800-438-5383

[www.ndep.nih.gov](http://www.ndep.nih.gov)

## **American Heart Association**

1-800-AHA-USA1 (800-242-8721)

[www.heart.org](http://www.heart.org)

## **Medicare 1-800-MEDICARE**

(800-633-4227)

[www.Medicare.gov](http://www.Medicare.gov)



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[www.screenfordiabetes.org](http://www.screenfordiabetes.org)

