



Hypertension	Diabetes
<ul style="list-style-type: none"> Hypertension is a continuous elevation of blood pressure above established limits. Blood pressure is the force employ by the blood against the walls of the arteries. 	<ul style="list-style-type: none"> It is a chronic (long-term) disease that affects the way the body converts food into energy. There are three main types of diabetes: type 1 diabetes, type 2 diabetes, and gestational diabetes (during pregnancy).
How do I check my blood pressure?	How do I check my blood sugar?
<ul style="list-style-type: none"> Sit down and rest for 5 minutes before having your blood pressure checked. Extend your arm and support it on a flat surface. Resist the desire to talk or look at a cell phone. Check your blood pressure at least twice a day at the same time, such as in the morning and at night. Keep the records in a notebook each time you measure your blood pressure and take them to your follow-up appointments with your primary care doctor. 	<ul style="list-style-type: none"> Wash your hands with soap and water. Put a test strip in the glucometer (sugar meter). Use a lancet to puncture your finger. Using pressure from the base of your finger, gently press a small amount of blood onto the strip. After a few seconds the result will appear. Record and track your results. Add notes about anything that might have altered the result.

What should I do to comply and follow my medical treatment?
<ul style="list-style-type: none"> Establish a calendar with the times and days that each medication should be used and the corresponding dose. Order your medications by schedule (morning, afternoon, and evening) and keep them in a visible place. Talk to your doctor and clarify any doubts and concerns you have about your treatment.



How do I keep my diabetes and hypertension under control?
<p>1. Keep a daily track of your blood pressure and the carbohydrates you eat (sugars and flours).</p> <ul style="list-style-type: none"> Your blood sugar level can rise when you consume carbohydrates.
<p>2. Eat low-fat foods.</p> <ul style="list-style-type: none"> Example: skinless chicken and low-fat milk.
<p>3. Eat less sodium (salt)</p> <ul style="list-style-type: none"> Limit canned and fried foods. Do not add salt when cooking food. Consult with your doctor or nutritionist to develop a healthy eating plan.
<p>4. Maintain a healthy weight. Your body mass index (BMI)</p> <ul style="list-style-type: none"> Calculates how much you should weigh based on your height. Develop a weight plan with your doctor, as it can help you control your blood sugar and blood pressure.



5. Exercise

- At least 30 minutes, 5 days a week. Strengthen your muscles 2 days a week. Check your blood sugar and blood pressure before and after exercise. Do not exercise if your blood sugar or blood pressure is high. Consult with your doctor to begin an exercise routine.



6. Take care of your feet

- Wear shoes always to protect your feet from injury. Do not forget that footwear must be comfortable, as it can cause blisters and ulcers when the foot presses against the shoe.
- Do not wear flip-flops or pantyhose with seams.
- Remember: Ask your doctor about special shoes that can give your feet more room.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804



APS Healthcare

787-641-9133

References:

[https://www.cdc.gov/diabetes/spanish/basics/index.html#:~:text=La%20diabetes%20es%20una%20enfermedad,gestacional%20\(durante%20el%20embarazo\)](https://www.cdc.gov/diabetes/spanish/basics/index.html#:~:text=La%20diabetes%20es%20una%20enfermedad,gestacional%20(durante%20el%20embarazo)) <https://www.cdc.gov/diabetes/spanish/living/bloodglucosemonitoring.html>

<https://www.heart.org/en/news/2020/05/22/como-medir-la-presion-arterial-en-casa-con-precision#:~:text=Col%C3%B3quese%20el%20manguito%20sobre%20el,antes%20de%20medirse%20la%20presi%C3%B3n.>

<https://medlineplus.gov/spanish/ency/patientinstructions/000081.htm#:~:text=L%C3%A1vese%20los%20pies%20todos%20los,sobre%20todo%20entre%20los%20dedos.>

https://www.google.com/search?q=tratamiento+m%C3%A9dico&rlz=1C1GCEA_enPR786PR786&sxsrf=ALeKk01hX5zAFJx_qh22EvlI4ouxfw:1614109974670&source=lnms&tbm=isch&sa=X&ved=2ahUKEwidrqyd5IDvAhVbSjABHfp4CzEQ_AUoAXoECAMQAw&biw=1366&bih=657#imgrc=5c4Z2oiSuxnOnM

<https://tercerangel.org/wp-content/uploads/2019/07/alimentos-saludables.jpg>

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