

The importance of blood pressure monitoring in people with diabetes



Blood pressure is the force that blood exerts against the walls of the arteries when the heart pumps it. Knowing what your blood pressure levels are can alert you to the need to modify habits to prevent stroke, reduce the risk of other health conditions, and extend your life.

Blood pressure monitoring

Blood pressure monitoring is important to keep your blood pressure healthy. Most of the time, having high or elevated blood pressure has no symptoms, so it is recommended that you check your blood pressure at home with a home monitor, taking two or three readings one minute apart and recording the results when done. Visit your doctor for guidance on how to control your blood pressure.

Diabetic heart disease and how it affects the heart

Diabetic heart disease means heart disease in people who have diabetes. Over time, high blood glucose levels may damage the blood vessels and nerves that control the heart. People with diabetes are more likely to have other health problems that increase the risk of heart disease. Also, people with diabetes are more likely to develop heart failure. Heart failure is a serious heart condition, which means your heart cannot pump blood effectively. Early diagnosis and treatment can help improve symptoms and delay health complications.

Prepared by Licensed Health Educators.
Revised December 2024.
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Consult with your physician:

If you have a family history of heart disease.

About your medical history including symptoms and other health conditions.

About blood tests to know your risk of heart disease, cholesterol, triglyceride and blood sugar levels.

Social and Emotional Aspects

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your 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 Health 787-641-9133

References

<https://www.goredforwomen.org/es/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

<https://medlineplus.gov/spanish/diabeticheartdisease.html>