

Date: \_\_\_\_\_



Check your blood sugar  
**Monitoree su nivel de azúcar**  
 Tijaabi heerfaa sonkorta

Date: \_\_\_\_\_



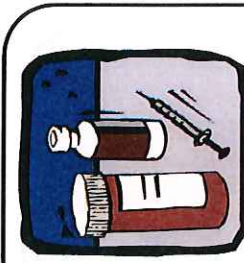
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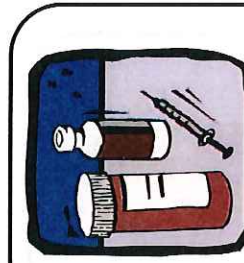
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Take your medicines  
**Tome sus medicamentos**  
 Daawadaada qaadto


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Eat healthy foods  
**Coma alimentos saludables**  
 Cunto caafimaad leh cun


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Be active  
**Haga ejercicio**  
 Firqiroonow


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## High Blood Pressure and Diabetes



### Facts you should know:

-  The recommended blood pressure (BP) for people with diabetes is 139/89 or less.
-  High BP + Diabetes = Doubles your risk of stroke and kidney problems
-  Blood pressure does not stay the same all day. BP can change depending on when you take your BP medication, how much caffeine you have, time of day, and many other factors.
-  High BP may not always cause any symptoms, so it is important to measure it regularly.
-  You may need more than one medication to help you control your BP.

<b><i>What you can do</i></b>	<b><i>How we can help</i></b>
<p><b>Lower your stress</b></p> 	<ul style="list-style-type: none"> <li>  Explain the effects of stress on your body         </li> <li>  Suggest practical, inexpensive ways proven to reduce stress         </li> </ul>
<p><b>Stop smoking</b></p> 	<ul style="list-style-type: none"> <li>  Steer you to resources that provide support and guidance         </li> <li>  Provide prescriptions that can help with Nicotine cravings while you make changes         </li> </ul>



<b><i>What you can do</i></b>	<b><i>How we can help</i></b>
<p><b>Eat a diet with fruits, vegetables and low fat dairy</b></p> 	<ul style="list-style-type: none"> <li>● Identify healthy food sources in your community</li> <li>● Provide you with healthy recipes</li> <li>● Help you plan meals on a budget</li> </ul>
<p><b>Add flavor to your food without using extra salt</b></p> 	<ul style="list-style-type: none"> <li>● Provide you with possible flavorful substitutes for your favorite recipes</li> <li>● Help you learn about lower salt options</li> </ul>
<p><b>Regular daily activity for 30-60 minutes</b></p> 	<ul style="list-style-type: none"> <li>● Identify safe areas to do activity in your neighborhood</li> <li>● Help you identify an activity you will enjoy</li> <li>● Help you get started safely</li> </ul>
<p><b>Lose 10 lbs</b></p> 	<ul style="list-style-type: none"> <li>● Evaluate your current eating patterns and make recommendations</li> <li>● Suggest changes to your medications that may help you with weight loss</li> </ul>
<p><b>Reduce alcohol intake</b></p> 	<ul style="list-style-type: none"> <li>● Explain the guidelines for moderate, safe alcohol intake</li> <li>● Address any possible interactions with alcohol and your medication</li> <li>● Help you develop a plan to cut back</li> </ul>