



## ASK THE EXPERT

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**I**n diabetes management, blood pressure control is of paramount importance. Proper control of blood pressure can help prevent serious complications of diabetes viz. heart attack, kidney disease, stroke, eye complications etc.

Blood pressure must be monitored at every visit for check up. For a person living with diabetes, blood pressure of less than 130/80 mmHg is considered as an ideal goal. If a person is already having a kidney disease, then the blood pressure goal will be different.

Having an active lifestyle, eating a well-balanced healthy meal, and daily exercise of at least 30 minutes will have a positive effect in controlling the blood pressure. Additionally, a person may have to lose weight if need be. Managing stress, reducing intake of salt and caffeine can also be beneficial. One must take the blood pressure medicine regularly and also at a specific time during the day as prescribed by the doctor.

Monitoring the blood pressure at home between medical visits can also be beneficial. Such critical eye on this vital parameter can help the specialist to regulate the dose of your blood pressure medication and manage your treatment plan accordingly.

High blood pressure is one of the main causes of kidney disease and kidney failure in people living with diabetes. Due to the high blood pressure, there builds a high tension inside the blood vessels leading to damage of the vascular network. Blockage in the blood vessels can trigger a heart attack, kidney failure or even stroke.

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