

## I Want to Know!

### What should my blood pressure be if I have diabetes?

Blood pressure readings can vary, but normally your blood pressure should not go above 130/80! Having a normal blood pressure is as important to managing diabetes as having good control of your blood sugars when it comes to preventing complications. There are usually no symptoms, so that's why it's important to have yours checked on a regular basis.

### March Support Group Meetings

Mar. 2, 2010—Littleton Senior Center: 11am–12pm

Mar. 10, 2010—J.W. Faison Center: 10am–11am

Mar. 10, 2010—Jordan Seaboard Center: 3pm–4pm

Mar. 16, 2010—Halifax Health Link: 10am–11am

Mar. 18, 2010—RHG at Scotland Neck: 12pm–1pm

Mar. 25, 2010—Medical Clinic of Enfield: 12pm–1pm



Questions or concerns  
on what you've seen in  
here??

Call Marie Jones at  
252-536-5887.

Blood pressure changes throughout the day. It is lowest as you sleep and rises when you get up. It can also rise when you are excited, nervous, or active.

## LIFESTYLE CHANGES FOR LOWERING BLOOD PRESSURE

- ✓ Eat a serving of fruit at each meal.
- ✓ Eat one or two servings of vegetables at lunch and at dinner.
- ✓ Switch to low-fat dairy products.
- ✓ Eat whole-grain breads and cereals.
- ✓ Eat nuts or peanut butter sometimes.
- ✓ Choose lean meats and meat substitutes.
- ✓ Try herbs instead of salt.
- ✓ Be more physically active.
- ✓ Lose weight if you are overweight.

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

