

Health conditions
easily avoided
through better health
management,
exemplified by...

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There are countless medical conditions that effect the heart of an individual. Furthermore, the lack of care surrounding one condition can create other issues more serious than anticipated. Diabetes is a medical condition that disrupts the normal bodily functions of an individual, and in most cases, it can lead to other diseases and medical conditions. To elaborate, “ diabetes and heart experts say that as many as two-thirds of people with diabetes also have high blood pressure. That’s compared to only a third among all U. S. adults.” Not every individual with diabetes has high blood pressure or hypertension. On the other hand, not every individual with diabetes knows that they might have hypertension. Unfortunately, diabetes is so common that it is not always taken seriously by the individuals with the condition. For example, “ sometimes people call diabetes “ a touch of sugar” or “ borderline diabetes.” These terms suggest that someone doesn’t really have diabetes or has a less serious case, but every case of diabetes is serious.” Diabetes is a very popular and well known medical condition, but it is still extremely serious. Diabetes may be common, but the condition is not completely understood by the public due to the lack of education concerning the disease. Diabetes is dangerous, and to understand the full magnitude of its destructive nature, the condition itself must be examined.

What is Diabetes?

Blood is responsible for distributing nutrients throughout the organs in the body. Each organ in the body serves a specific purpose towards cleansing the blood. However, poor health can create certain disfunctions within some organs and these irregularities can create conditions such as diabetes. By definition, “ diabetes is a disease that occurs when your blood glucose, also

called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat.” The quality nutrients that enter the body are transformed into energy producing elements. To manipulate these elements, the body and its organs secrete enzymes and hormones. For instance, “ insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy.” Insulin is extremely vital in reference to the diabetic world due to the impact it has on the condition itself. Insulin deficiencies are dangerous and can lead to several medical complications. For individuals with diabetes, the “ body doesn’t make enough—or any—insulin or doesn’t use insulin well. Glucose then stays in your blood and doesn’t reach your cells.” Glucose is a simple sugar that is utilized by the body to produce energy. Without glucose, the body is unable to distribute energy evenly throughout the organs. Too much glucose can cause the heart to be overworked, causing another health condition known as high blood pressure.

What is High Blood Pressure?

Individuals with high blood pressure are increasing in numbers annually. Several of the individuals with the hypertension or high blood pressure also have diabetes. High blood pressure reacts with the body in a drastically different manner than its parent condition, diabetes. For example, “ high blood pressure is called a silent killer because most people don’t have any symptoms of hypertension, even though it is causing damage to the cardiovascular system.” Diabetes is a progressive condition, meaning that at its onset, the individual with the condition may not recognize its slow working effects. High blood pressure is also progressive in this style, making

it just as dangerous as diabetes. Over time, “ high blood pressure damages the arteries’ normally smooth linings and creates spots where calcium and fat deposits build up. This buildup, also known as plaque, leads to a condition called atherosclerosis.” Being overweight increases one’s risk for developing high blood pressure and diabetes. Fat deposits retain blood glucose and constrict blood flow, creating further complications. If left untreated, “ atherosclerosis can lead to stroke, heart failure, coronary heart disease and heart attack and kidney failure. It can even lead to eye damage and blindness.” These issues negatively effect the quality of one’s life and make everyday activities much more difficult to accomplish. Kidney failure and eye damage are minuscule when compared to the deadly aspects of hypertension. For individuals with diabetes and high blood pressure, taking care of one’s health is a must.

How to Manage these Conditions?

Managing health conditions such as high blood pressure and diabetes requires some patience and study. Communication is necessary in the sense of how the everything that diabetic consumes should be noted or recorded. The effects that high blood pressure has on the body should also be discussed. On that note, “ in a visit with your health care provider, you’ll find out your blood pressure through two important numbers. The first number is systolic and is generated when the heart pumps blood into the blood vessels. The second number is called diastolic and is recorded as the blood vessels relax in between heartbeats.” Diabetes is a dietary condition as well as a chronic condition, meaning that treating this illness is subjective in reference to the patient. Some individuals with diabetes may be able to receive a

treatment method or medication more easily than another diabetic patient. On another note, “ there are also medicines that raise the risk for high blood pressure, including contraceptive pills and nonsteroidal anti-inflammatory drugs like ibuprofen and naproxen.” Over the counter drugs are not wise for any individual that wishes to treat their condition outside of a doctor’s assistance. As far as self-treatment goes, lifestyle changes outside of medicine should be focused on. A daily exercise regimen as well as a low-fat diet are two methods of obtaining an equilibrium of health. The smallest changes over time can yield even larger results in the long run. In fact, “ even losing just 10 pounds can make a difference in lowering blood pressure and reducing the need for blood pressure medications.” Diabetes is a sensitive condition, making every change to the body noticeable to some degree. Individuals with diabetes and high blood pressure should strive to change for the better.

For individuals with diabetes, the smallest factors can disrupt one’s health and create some major setbacks. Hypertension or high blood pressure acts as a serious side effect to the diabetic condition. These setbacks and medical conditions are not easily managed without a strong support system. With that being said, “ talk with your health care provider about any interactions that blood pressure medications may have with your diabetes meds. You’ll want to be aware of potential side effects.” For diabetics, keeping track of the medicines introduced to the body is a must. As stated above, every element and nutrient that enters a diabetic’s body will influence their health in some form or fashion. Having a large supply of diabetic knowledge and

keeping track of one's bodily changes are the first steps in living with diabetes. Although " these steps don't replace a healthy diet and exercise, they can play a complementary role in tackling hypertension." Hypertension can be eliminated more easily than diabetes, yet both of these conditions are relentless in how they attack the body. In some cases, even just one day a mismanagement can create serious complications for a diabetic. More so, " even if you reduce your blood pressure, you're still at risk for dangerous health problems like having a stroke if you have diabetes. However, making the health changes above will go a long way in improving your overall health." Taking one's health seriously should not be an option, but a necessity. Both diabetes and high blood pressure are avoidable when the appropriate treatment is implemented. With proper diet and exercise, anything can be achieved, including leading a healthy lifestyle free of stress.