

High blood pressure medicines for people with diabetes



High blood pressure medicines — an important part of your treatment plan

When blood pushes too hard on the walls of your blood vessels, you have high blood pressure. Having high blood pressure makes it hard for your heart to work well. This can put you at risk for a heart attack, stroke, kidney problems, or heart failure. Having high blood pressure and diabetes puts you at an even greater risk for these problems. There are medicines that can help.

Learn about high blood pressure medicines

Learning about your medicines can help you manage your health. The chart below lists some types of medicines used to help lower blood pressure in people with diabetes. Ask your doctor which types you are taking. Check them off in the chart and write in the name.

Type of medicine

What the medicine does

- ACE inhibitor** (angiotensin-converting enzyme inhibitor)

My medicine: _____

- Causes blood vessels to relax, which helps lower blood pressure
- Lowers the risk for heart attack and stroke
- Helps protect the kidneys

- ARB** (angiotensin II receptor blocker)

My medicine: _____

- Causes blood vessels to relax, which helps lower blood pressure
- Lowers the risk for heart attack and stroke
- Helps protect the kidneys

- Beta-blocker**

My medicine: _____

- Slows the heartbeat and allows the heart to work less hard
- Lowers the risk for heart attack and stroke

- Diuretic** (also called a *water pill*)

My medicine: _____

- Helps the body get rid of extra fluid
- Lowers the risk for stroke

- Calcium channel blocker**

My medicine: _____

- Helps blood vessels relax, which helps lower blood pressure
- Lowers the risk for stroke

- Renin-inhibitors**

My medicine: _____

- Reduces the effect of renin, an enzyme in the kidneys
- Helps blood vessels relax and widen

Ask your doctor about your medicines

Take your medicines as directed. This can help keep your heart healthy. Do not start or stop taking medicine without talking with your doctor first.