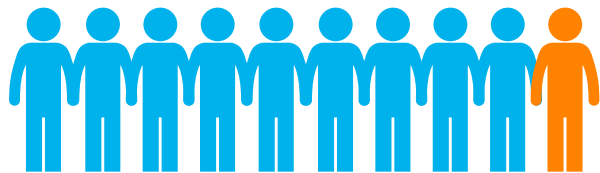


Diabetes and Uncontrolled Hypertension

10% of Canadians live with diagnosed diabetes

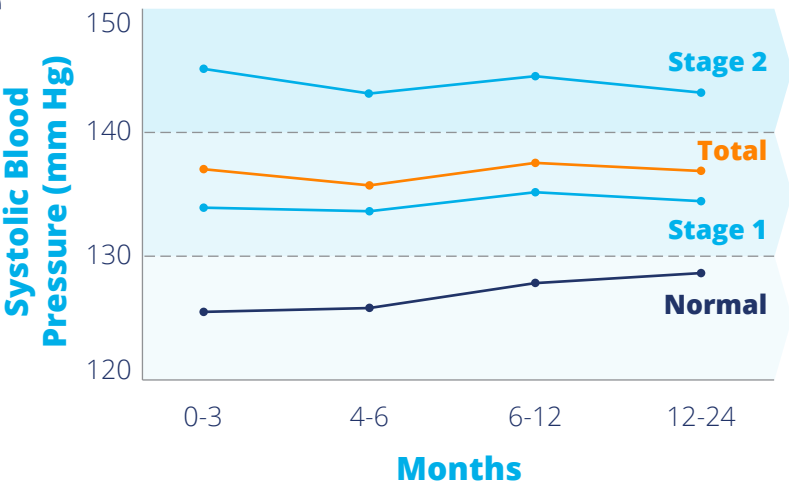


75% of individuals with type 2 diabetes have hypertension—that's 3 million Canadian adults who live with T2DM & hypertension

To understand how people with diabetes and hypertension managed their conditions, we analyzed the health records of 10,814 adult patients who were diagnosed with hypertension & diabetes (T1D=6%, T2D=94%) cared for in primary care in Ontario between 2013-2017.

BP over time

Nearly 70% of these individuals had uncontrolled blood pressure, and it remained uncontrolled overtime (SBP $\geq$ 130mm Hg).



BP Reference Range

Hypertension, Stage 2
Range SBP $\geq$ 140 mm Hg

Hypertension, Stage 1
Range SBP 130-139 mm Hg

Normal Range
SBP < 130 mm Hg

Response to uncontrolled BP event

Reasons for lack of control include not introducing other medications to better manage hypertension, as evidenced by the percentage of uncontrolled BP readings that are followed by:



A repeat visit after 6 weeks



A med dose/frequency change



A new medication



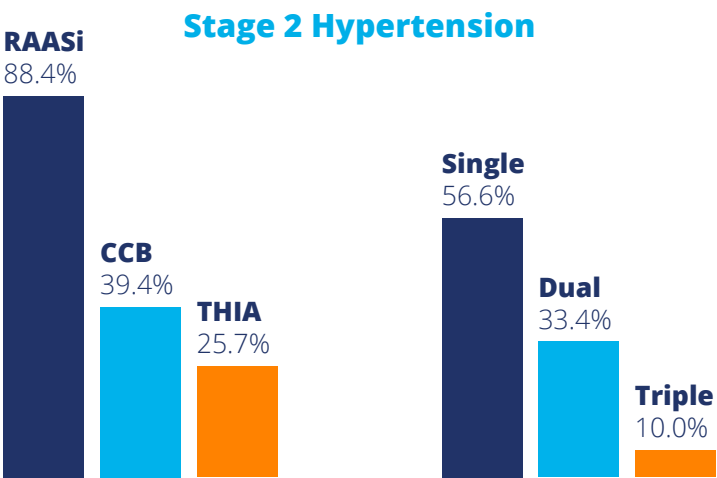
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Diabetes and Uncontrolled Hypertension

Medication usage, by class

Combination therapy is under-utilized—namely among those with Stage 2 HTN (SBP $\geq$ 140 mm Hg). Renin angiotensin aldosterone system inhibitors (RAASis) are often used, but calcium channel blockers (CCBs) and thiazide-diuretics (THIA) are less common. Among those with Stage 2 HTN, dual combination therapy is only used a third of the time, while triple combination therapy was used even less.



Recommendations: What can you do to lower blood pressure to target?



Health-care providers

If a person living with diabetes has elevated blood pressure, take the opportunity to add a second or third drug at low dose and follow-up with the patient in 6 to 8 weeks.



Patients

If you live with diabetes, ask your health care provider what your target blood pressure is and check your blood pressure at home. If your blood pressure is elevated, speak with your health care provider about medication and lifestyle adjustments.



Policy makers

Invest in system level programs to improve prevention, screening, diagnosis, and treatment of hypertension in people living with diabetes. Provide tools and resources to support multidisciplinary health care teams treating people living with diabetes and hypertension.



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