

High Blood pressure and Type 2 Diabetes: Risk factors, allopathic treatment and natural therapies



High blood pressure and type 2 diabetes are two of the most common health conditions that affect people worldwide. In this blog post, we will discuss the risk factors for developing high blood pressure in type 2 diabetes, how to prevent it, and the available allopathic medications and natural therapies for treatment.

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Risk Factors for Developing High Blood Pressure in Type 2 Diabetes

People with type 2 diabetes are more likely to develop high blood pressure than those without diabetes. Some of the risk factors that contribute to the development of high blood pressure in type 2 diabetes include:

- Obesity
- A diet high in fat and sodium
- Chronic inflammation
- Inactivity

Prevention of High Blood Pressure in Type 2 Diabetes

Preventing high blood pressure in type 2 diabetes involves making lifestyle changes to help manage your blood pressure. Some of these changes include:

- Maintaining a healthy weight
- Eating a balanced diet that is low in fat and sodium
- Exercising regularly
- Reducing stress levels

Allopathic Medications for High Blood Pressure in Type 2 Diabetes

Several allopathic medications are available for treating high blood pressure in type 2 diabetes. Some of the most common drugs include:

- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin receptor blockers (ARBs)
- Calcium channel blockers
- Beta-blockers
- Thiazide diuretics

Each medication has its own set of side effects, which can range from mild to severe. Speaking with your healthcare provider about which medicine is right for you is essential.



Natural Therapies for Preventing High Blood Pressure in Type 2 Diabetes

Several natural therapies can help prevent high blood pressure in type 2 diabetes. Some of these therapies include:

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- Exercise: Regular exercise can help lower blood pressure and reduce the risk of developing type 2 diabetes.
- Ginger: A study published in the natural product journal *Planta Medica* suggested that ginger may improve long-term blood sugar control for people with type 2 diabetes.
- Aloe vera: Aloe vera has been shown to help lower blood sugar levels and reduce inflammation.
- Bilberry extract: Bilberry extract has been shown to help improve insulin sensitivity and reduce inflammation.

It is important to note that natural therapies should not be used as a substitute for allopathic medications. Always speak with your healthcare provider before starting any new therapy.

Conclusion

High blood pressure and type 2 diabetes are severe health conditions requiring proper management. By making lifestyle changes, taking allopathic medications, and using natural therapies, you can help manage your blood pressure and reduce your risk of developing complications associated with these conditions.

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