



WHAT TO KNOW ABOUT YOUR BLOOD PRESSURE MEDICATION

BLOOD SUGAR INCREASES: Some blood pressure meds, like diuretics and beta-blockers, can raise blood sugar levels, which can make managing diabetes harder.

INSULIN RESISTANCE: Certain meds may reduce how well your body responds to insulin, leading to higher blood sugar levels over time.

WEIGHT GAIN: Medications like beta-blockers can cause weight gain, which can make blood sugar management more challenging for those with diabetes.

KIDNEY FUNCTION: Some blood pressure medications can protect your kidneys, which is important if you have diabetes, but others, like diuretics, may stress them.

ELECTROLYTE IMBALANCE: Diuretics can cause low potassium or sodium levels, which might affect your heart and diabetes control.