



DIABETES & HYPERTENSION

(DIABETIC HYPERTENSION)

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WHAT IS DIABETES?

- Diabetes is a chronic disease characterized by high levels of glucose in the blood.
- It could affect the heart, kidneys, nervous system and others.
- There are **3 types** of diabetes:
 1. Occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas (Type 1).
 2. Occurs when the body can't properly use the insulin that is released or does not make enough insulin (Type 2).
 3. Occurs during pregnancy (Gestational).

WHAT IS HYPERTENSION?

- Hypertension is when the pressure of the blood being pumped through your arteries is higher than it should be.
- As well as diabetes, it could also affect the heart, kidney and eyes.
- There are **2 primary types** of hypertension:
 1. Chronic high blood pressure with an unknown cause and is most common (Essential).
 2. High blood pressure associated with another disease (Secondary).

SIGNS AND SYMPTOMS

- **Hypertension:**

1. Severe Headache
2. Vision Problems
3. Chest Pain

- **Diabetes:**

1. Increased thirst
2. Weight Loss
3. Blurred Vision

Causes

- **Hypertension:**

1. Genetic
2. Hereditary
3. Environmental (Smoking)
4. Diabetes

- **Diabetes**

1. Genetic
2. Hereditary
3. Environmental (Overweight)
4. Hypertension

TREATMENT, CURE & PREVENTION

➤ **Diabetes:**

- Has no cure but there are treatments, such as:
- Physical exercise
- Normal body weight
- Healthy diet
- Medicine

➤ **Hypertension:**

- Lifestyle modifications (Exercise, reduce alcohol and etc.)
- Medications
- Regular check-up



THANK YOU