

## Understanding Diabetes and Hypertension

### 1. Diabetes Mellitus

Diabetes Mellitus is a chronic metabolic disorder characterized by elevated blood glucose levels.

It occurs when the body cannot produce enough insulin or cannot effectively use the insulin it produces.

Untreated diabetes can lead to complications such as kidney disease, neuropathy, and cardiovascular disorders.

Type 1 diabetes is autoimmune, while Type 2 diabetes is often associated with lifestyle factors.

### 2. Hypertension

Hypertension, commonly known as high blood pressure, is a condition in which the force of blood against artery walls is consistently too high.

Long-term uncontrolled hypertension increases the risk of stroke, heart attack, and kidney failure.

Lifestyle modifications such as reduced salt intake, regular exercise, and stress management are essential.

Medication may be required in moderate to severe cases.

### 3. Relationship Between Diabetes and Hypertension

People with diabetes have a higher risk of developing hypertension.

Both disorders together greatly increase the likelihood of cardiovascular complications.

Managing blood sugar levels, maintaining a healthy weight, and monitoring blood pressure regularly are crucial for prevention.