People with diabetes are encouraged to reduce their risk of stroke
6 August 2021

Professor Johnson said there were simple things people with diabetes could do to reduce their risk of having a stroke.

"I'd encourage all people with diabetes to talk to their diabetes healthcare team about reducing their risk of stroke," Professor Johnson said.

"The number one thing to do is to stay on top of your diabetes management and ensure your glucose levels are as well managed as possible.

"Blood pressure is also important. Keep it as close to target range as you can.

"Making healthy food choices, including limiting foods that are high in saturated fat and salt, as well as getting regular physical activity are very important and if you smoke this is a good week to quit.

"If your weight is above your healthy weight range, losing even a small amount of weight may help reduce your blood pressure, blood glucose and cholesterol levels.

"Above all talk to your GP. If you are isolating at home because of COVID, you can still make an appointment with your GP via telehealth.

"Your GP can help with weight loss, managing your blood pressure, helping you to quit smoking and there are new treatments that can also play an important role in reducing your risk of stroke and other cardiovascular conditions."

