

# **A Comparative Study on the Blood Pressure Response to Exercise Stress Testing Between Non-Hypertensive and Hypertensive Patients with Type 2 Diabetes Mellitus**

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Diabetes in cardiovascular disease remain a global public health imperative. Diabetes and high blood pressure are among the modifiable risk factors for coronary heart disease in which cardiologists encounter daily. Blood pressure targets among diabetes are more aggressive than the overall population. The aim of this study was to compare the blood pressure response to exercise treadmill test of diagnosed diabetes mellitus who are on medications between those who are on antihypertensive medication treatment or not. A retrospective single-center study of 135 out of 155 diagnosed diabetic on medications underwent exercise treadmill test from January-December 2015 and divided into 2 groups. Group 1 included 77 diabetics who were hypertensive and on maintenance medications while group 2 included 58 diabetics who were not on any antihypertensive medications. Hypertensive response to exercise showed no significant difference between 2 groups. No differences were observed regarding gender, weight, height, or BMI. Hypertensive patients were older and some patients maintained on anti-hypertensive treatment still exhibit exaggerated blood pressure response.