

High Blood Pressure and Diabetes Shown to Raise Your Risk of Dying from COVID-19

A new study has shown that high blood pressure increases your risk of dying from COVID-19. Doctors in China noticed a pattern when treating patients – nearly half of those in critical condition were also suffering from high blood pressure. A total of 2,877 patients were analyzed, where 29.5% of people had a history of high blood pressure. Data showed that those patients who had higher blood pressure had double the risk of dying from COVID-19.

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Out of the 10.5% of the overall population with diabetes or prediabetes, 14.3 million people over 65 have one of the two chronic conditions.

High Blood Pressure May Double Your Risk of Dying From COVID

Additionally, patients with diabetes also had worse symptoms than those without. In the U.K., data showed that 19% of those hospitalized with COVID-19 also had diabetes. Only an estimated 6% of the U.K. population has diabetes. Those with Type 1 diabetes were worse off than those with type 2.

Diabetes and high blood pressure contribute to 5 out of the 10 top leading causes of death according to the CDC.

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