Multiple lines of evidence link high blood pressure and insulin resistance. However, the influence of insulin resistance on hypertension in type 2 diabetics remains to be assessed to compare insulin resistance in hypertensive and normotensive patients with type 2 diabetes.

The study group concerned 41 patients recruited in an outpatient clinic. 23 patients with BP >130/85 mmHg were identified as mild hypertensive (20 from 23 under treatment). Insulin sensitivity was assessed with the use of the euglycemic clamp technique and biologic parameters such as lipids, PAI-1, insulin and proinsulin. An ambulatory blood pressure monitoring was performed in all patients.

No significant difference was observed in age, body mass index, waist circumference, and insulin sensitivity.

This selected population of type 2 diabetics, insulin resistance was not significantly different between hypertensives and normotensives; it is suggested that normotensive and mild hypertensive type 2 diabetics may present a similar degree of insulin resistance.

Key Words: Insulin resistance, Type 2 diabetes, Hypertension