

High Blood Pressure and Kidney Disease



If high blood pressure is not controlled, it can damage the blood vessels that carry blood throughout the body. Over time, the tiny vessels in the kidneys may become damaged and less able to filter your blood. This can lead to chronic kidney disease (CKD). Because one of the jobs of the kidneys is to control blood pressure this can cause more problems. Renin is a hormone produced by the kidneys. When the kidneys are not working properly, they may release renin causing blood pressure to go up even higher. But by lowering high blood pressure, you can reduce the amount of damage to your kidneys and slowing any progression of kidney disease. The only way to know if your blood pressure is high is to have it checked by a health care provider. Visit your health care provider to find out how to control your blood pressure. The following are tips on what you need to watch for.

Remember, you have some control over your blood pressure. By maintaining a healthy weight, not smoking, exercising regularly, limiting salt intake, not drinking too much alcohol and taking prescribed medicines as directed by your physician, you are taking steps in the right direction.



Check Your Blood Pressure Often

Because your blood pressure varies throughout the day, several readings should be taken to get a true measurement. Usually, blood pressure is the lowest when you are sleeping and highest when you are exercising. A blood pressure reading lower than 120/80 is desirable. Lower readings are usually found in children and adults who are in excellent physical condition. A person's blood pressure is considered high if the top number is higher 140 and the bottom number is higher than 90.

You don't have to visit a doctor's office to have your blood pressure checked. Most drugstores and pharmacies sell blood pressure kits that you can do at home. The following are some helpful hints in using your kit.

- ❖ Take your blood pressure at the same time of the day. Morning may be best.
- ❖ Sit in a comfortable position so that you feel relaxed.
- ❖ Use the cuff on your bare arm.
- ❖ Place the cuff so it fits snugly on your upper arm.
- ❖ Follow all the instructions that come with your kit.
- ❖ Keep a record of all your blood pressure readings, preferably the same time of day.
- ❖ Check your blood pressure kit by asking your health care provider to take your blood pressure using your kit and then compare your own readings with those taken by your health care provider. Take your record and kit with you to doctor's visits so that he can see your reading.

Take Medication as Directed



Blood pressure medications often play a large role in treatment. Your medication will work best if it's taken as directed. Be sure to do these things:

- ❖ Take your medication at the same time each day.
- ❖ Find out if it should be taken with food.
- ❖ Do not skip doses.
- ❖ Do not stop taking your medication unless your doctor tells you to. Doing so may be harmful.
- ❖ If you think the medication is making you dizzy or sick to your stomach, call your health care provider immediately.

Eat Right

By eating right you can control blood pressure kidney disease.



- ❖ **Limit sodium (salt) intake.**
- ❖ **Cook with spices and herbs instead of salt.**
- ❖ **Eat fresh foods instead of canned or processed ones.**
- ❖ **Eat less fat. Avoid fats that come from animal sources.**
- ❖ **Choose low-fat dairy foods.**

- ❖ Drink less fluid.
- ❖ Eat less protein.
- ❖ Eat foods that are low in phosphorus and potassium.

Stay Active



Regular exercise and staying active helps reduce high blood pressure.

- ❖ Try to exercise at the same time each day. Keep it simple.
- ❖ Talk with your doctor before starting a fitness program.
- ❖ Your doctor may be able to suggest activities that will help you feel your best.
- ❖ Ask your doctor how often you should exercise and for how long.