



Learn it!

High Blood Pressure

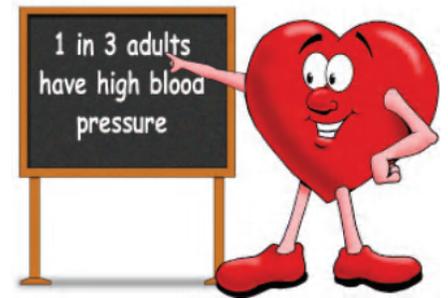
High blood pressure puts you at risk for kidney disease.

What is blood pressure?

Your heart pumps blood through tubes called arteries and veins.

The pumped blood makes pressure inside your arteries. This is called blood pressure. When your blood pressure is checked, it tells how hard your heart is working to pump your blood.

Your blood pressure is read as two numbers. Both are important. The first number is called systolic pressure. This is when your heart is beating and your pressure is highest. The second number is called diastolic pressure. This is your blood pressure between heart beats, when your pressure is at its lowest.



What is high blood pressure?

High blood pressure causes your heart to work harder to pump your blood. High blood pressure can be caused by many things, including kidney disease. High blood pressure can also cause chronic kidney disease and kidney failure.



How do I know if I have high blood pressure?

High blood pressure has no signs. You have to get it checked. For most people:



Normal - 120/80

High - 140/90 over ▶

What does blood pressure have to do with kidney disease?

Your kidneys and heart work hand-in-hand.



Your kidneys remove waste from your body.



High blood pressure makes it harder for the kidneys to do their job.

What happens then?

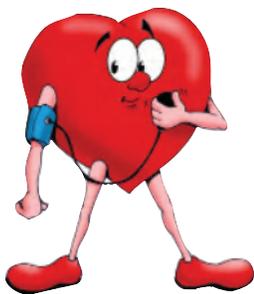
If your kidneys can't do their job, waste builds up. This makes your heart work even harder and can harm your body.



Healthy kidneys and healthy blood pressure keep your body working well.



How can I stay healthy?



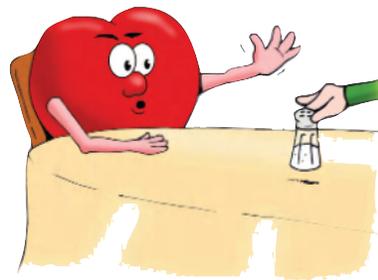
Check your pressure often



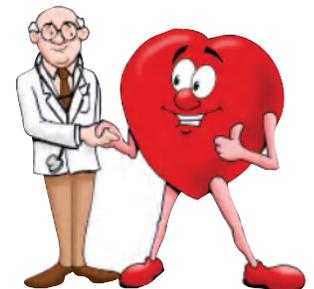
Keep a healthy weight



Do not smoke and limit alcohol



Eat foods low in salt and do not add salt to your food



Take your blood pressure medicine as your doctor prescribes