

High Blood Pressure

High blood pressure, also known as hypertension, is one of the leading causes of kidney failure. For adults, blood pressure readings should be below 120/80. High blood pressure causes damage to the kidneys by injuring the working units of the kidneys (called nephrons). The nephrons become damaged due to prolonged stress from high blood pressure usually occurring over years. It is important to note that controlling high blood pressure may slow or prevent kidney disease.

There are certain actions one can take to control one's blood pressure. It's important to make only the lifestyle changes that are recommended by your doctor.

- Visit your doctor regularly even if you are feeling well
- Talk to your doctor about learning to measure your own blood pressure
- Check your blood pressure as often as instructed by your doctor and keep a chart of the readings
- Take all your medications exactly as prescribed and tell your doctor immediately if you experience any side effects
- Limit salt or sodium if directed by your doctor
- Exercise regularly (after consulting with your doctor)
- If you are overweight, lose weight
- Reduce stress through relaxation and/or counseling
- Stop smoking
- Limit alcohol and caffeine

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