



High Blood Pressure and Chronic Kidney Disease (CKD)



What is High Blood Pressure?

- **Blood pressure** is the force of blood pushing against the walls of your arteries (blood vessels).
- **High blood pressure** (also called hypertension) means your heart is working too hard to move blood through your body.
- High blood pressure can **damage your heart, blood vessels, kidneys, and other parts of your body** over time. This damage is often very quiet (not noticeable) until a major health problem happens.



How High Blood Pressure and CKD Are Connected

- **High blood pressure** is the **#2 cause of chronic kidney disease (CKD)**.
- **CKD can also make blood pressure worse** by throwing off your body's fluid and salt balance.



How High Blood Pressure Can Hurt Your Kidneys

- **Damages kidney blood vessels**, making it harder for blood to flow through the filters.
- **Overworks your kidneys**, causing them to lose function over time.
- **Puts extra stress on your heart**, which then puts more strain on your kidneys to help keep the blood flowing throughout your body.



How to Protect Your Kidneys

- **Eat a healthy diet:** Eat plenty of fruits, veggies, whole grains and lean proteins. Limit your intake of sodium (salt) and ultra processed foods.
- **Take medications:** If your healthcare provider has prescribed cholesterol-lowering or blood pressure medications take them as directed.
- **Stay active:** Regular exercise can help maintain a healthy weight, improve blood circulation, and manage your blood pressure. Aim for at least 150 minutes of moderate exercise per week.
- **Keep a healthy weight:** A healthy weight is a key step for people with high blood pressure. If you are overweight, losing even a small amount of weight can make a big difference in your overall health.
- **Avoid smoking:** Smoking damages your blood vessels and increases your risk of developing high blood pressure and CKD.
- **Drink less alcohol:** It can raise blood pressure and interfere with restful sleep.

Did you know?

People who have received a kidney transplant can develop high blood pressure? Regular check-ups and living a healthy lifestyle can protect your new kidneys.



4 Important Tests to Watch Your Health

TEST	WHAT IT CHECKS	IMPORTANT NUMBERS TO KNOW	TRACKING MY TESTS
Blood Pressure	Heart and kidney strain	Good: Lower than 140/90 Better: Lower than 130/80 Best: Lower than 120/80	
A1C	Blood sugar levels	Without diabetes: Lower than 5.7% Prediabetes: Between 5.7% and 6.4% Diabetes: 6.5% or more Goal for most adults with diabetes: Lower than 7%	
uACR (Urine Test)	Protein in urine	Goal: Lower than 30 mg/g	
eGFR (Blood Test)	Kidney function	Stage 1: 90 or higher and kidney damage Stage 2: 60-89 and kidney damage Stage 3a: 45-59 Stage 3b: 30-44 Stage 4: 15-29 Stage 5: Lower than 15 When identifying CKD stage, this test (and your uACR) usually needs to be repeated to confirm long-term damage (lasting 3 months or more)	



Simple Steps to Stay Healthy

- Manage your blood pressure and blood sugar
- Cut back on salt and foods with high levels of sodium.
Target less than 2300 mg of sodium per day.
- Avoid NSAIDs (pain relievers like ibuprofen [Advil, Motrin], or naproxen [Aleve])
- Get a flu shot every year
- Exercise regularly
- Target/stay at a healthy weight

