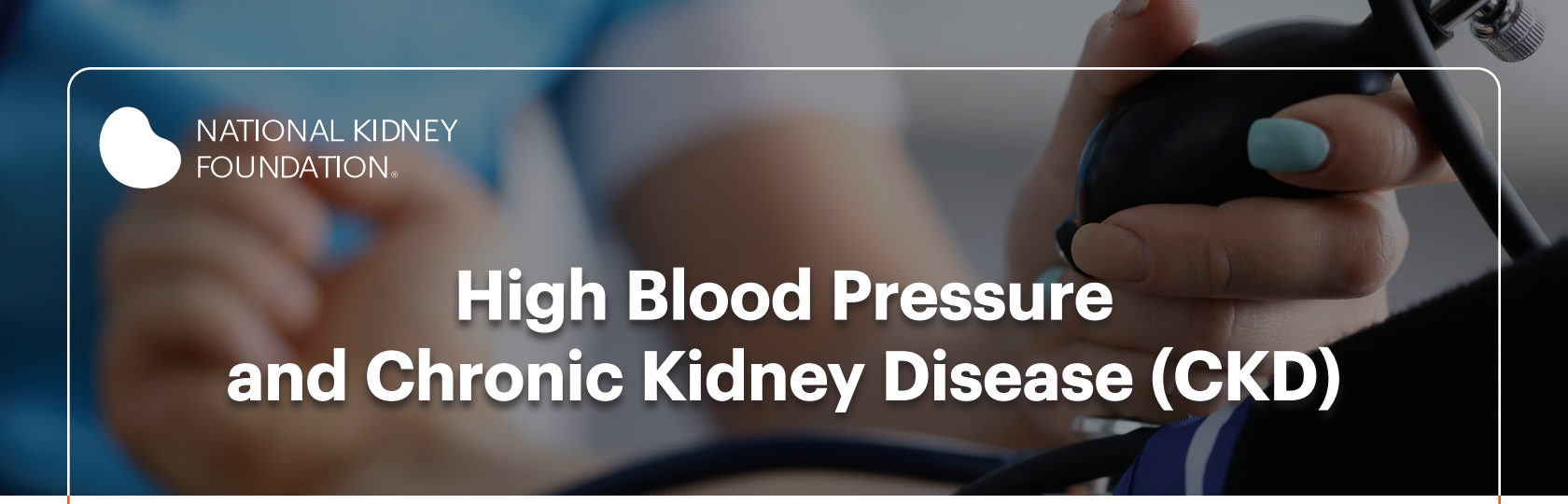


NATIONAL KIDNEY FOUNDATION®

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

<table>
<tr><th>TEST</th><th>WHAT IT CHECKS</th><th>IMPORTANT NUMBERS TO KNOW</th><th>TRACKING MY TESTS</th></tr>
<tr><td>Blood Pressure (BP)</td><td>Heart and kidney strain</td><td>
<table>
<tr><th>BP CATEGORY</th><th>SYSTOLIC (TOP NUMBER)</th><th></th><th>DIASTOLIC (BOTTOM NUMBER)</th></tr>
<tr><td>Normal</td><td>Less than 120</td><td>AND</td><td>Less than 80</td></tr>
<tr><td>Elevated</td><td>120-129</td><td>AND</td><td>Less than 80</td></tr>
<tr><td>Stage 1 high BP</td><td>130-139</td><td>OR</td><td>80-89</td></tr>
<tr><td>Stage 2 high BP*</td><td>140 or higher</td><td>OR</td><td>90 or higher</td></tr>
</table>
Goal for most adults with CKD**: Lower than 130/80
</td><td></td></tr>
<tr><td>A1C</td><td>Blood sugar levels</td><td>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%</td><td></td></tr>
<tr><td>uACR (Urine Test)</td><td>Protein in urine</td><td>Stage A1: Lower than 30 mg/g
Stage A2: 30-300 mg/g
Stage A3: Higher than 300 mg/g
Goal: Lower than 30 mg/g</td><td></td></tr>
<tr><td>eGFR (Blood Test)</td><td>Kidney function</td><td>Stage G1: 90 or higher and kidney damage
Stage G2: 60-89 and kidney damage
Stage G3a: 45-59
Stage G3b: 30-44
Stage G4: 15-29
Stage G5: 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)</td><td></td></tr>
</table>

**If your BP is more than 180/120, wait at least 1 minute and check it again. Call 911 if it is still this high, AND you have symptoms such as chest pain, trouble breathing, back pain, sudden weakness or numbness, trouble speaking, sudden change in vision, or confusion. If your BP is this high and you do NOT have any of these symptoms, contact your healthcare team right away for instructions.*

***Some people may benefit from a lower or higher goal depending on other factors*

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

For more information, contact the National Kidney Foundation

Toll-free help line: 855.NKF.CARES or email: nkfcares@kidney.org

NATIONAL KIDNEY FOUNDATION®

Scan the QR to learn more

KIDNEY.ORG

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