



Hypertension Connection with Chronic Kidney Disease(CKD)

Did you know that diabetes and high blood pressure (hypertension) are the two leading causes of kidney disease? Here's how high blood pressure is connected to chronic kidney disease (CKD) and what you can do to slow down damage to your kidneys from diabetes.

Hypertension (High Blood Pressure) and CKD:

Over time, high blood pressure (BP) damages the blood vessels and nephrons (filters) in the kidneys. If blood pressure becomes extremely high, it can restrict (narrow) the blood vessels which supply the kidneys. This reduced blood flow to the kidneys results in lower kidney function. High blood pressure can also damage other organs such as the heart, brain and eyes causing heart disease, higher risk of stroke and trouble with your vision.

It is extremely important to keep your blood pressure (BP) under good control. **The target goal for BP for persons with CKD is 130/80 or less.** Both numbers of your BP should be less than these values. To help control blood pressure, take your BP medications as prescribed by the doctor and do not miss any doses, check your BP readings at home daily or several times each week and keep a written record to show your doctor, eat a low sodium/salt diet, and exercise several times a week.

My BP today was _____ and is usually _____.

My BP medicines are: _____.