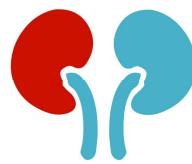


Managing High Blood Pressure for Kidney Health



Renes
CARE

Blood Pressure and Kidneys

High blood pressure (hypertension) is a leading cause of kidney disease. Managing your blood pressure can help protect your kidneys and prevent further damage.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

How High Blood Pressure Affects the Kidneys

Damage to Blood Vessels: High blood pressure can damage the blood vessels in the kidneys, reducing their ability to filter waste.

Progression of Kidney Disease: High blood pressure can accelerate the progression of chronic kidney disease.

Tips for Managing Blood Pressure

Medication Adherence: Set reminders, keep a medication schedule, and discuss any side effects with your doctor.

Diet and Nutrition: Follow a balanced diet rich in fruits, vegetables, whole grains, and low-fat dairy products.

Physical Activity: Aim for at least 30 minutes of moderate exercises like walking, cycling, and swimming.

Maintain a Healthy Weight: Combine a healthy diet with regular exercise to achieve and maintain a healthy weight.

Limit Alcohol and Avoid Smoking: Limit alcohol to no more than one drink per day. Quit smoking to improve cardiovascular health.

Stress Management: Practice relaxation techniques such as deep breathing, meditation, or yoga.

Regular Monitoring: Use a home blood pressure monitor and keep a record of your readings. Visit your doctor as advised.