

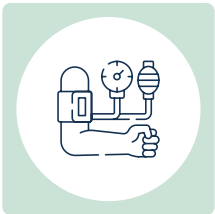


What is blood pressure?

Blood pressure is the force of blood pushing against your blood vessel walls. Blood vessels are the channels that your blood travels through as it moves through the body as your heart pumps blood. If your blood was under no pressure, it would be unable to move around your body.

What is hypertension?

Hypertension, (also known as high blood pressure) is when the pressure that blood places on blood vessels is higher than normal or necessary. Many people with high blood pressure don't even know they have it. Symptoms that can indicate high blood pressure include but are not limited to, persistent dull headaches, bloodshot eyes and random nosebleeds. A diagnosis should always be made by a healthcare professional by monitoring your blood pressure intermittently.



How is my blood pressure measured?

Blood pressure can be easily monitored by a clinician through a blood pressure check, at your general practitioner, at a pharmacy, at a primary health clinic and at the hospital using a blood pressure monitor.

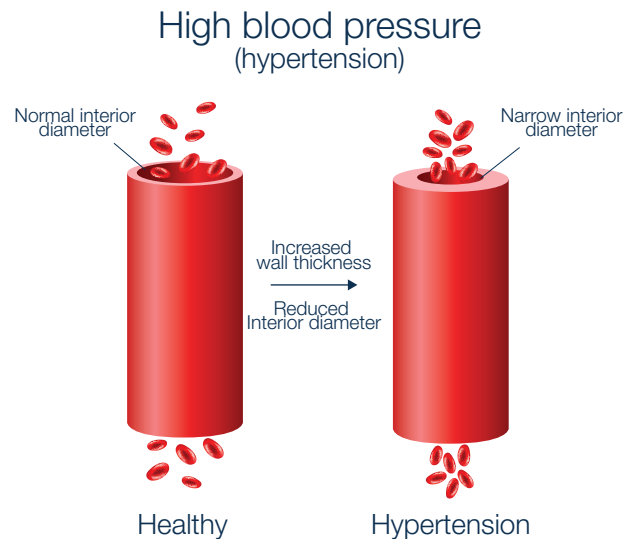
How does hypertension affect my kidneys?

The kidneys are made up of tiny blood vessels which bundle together and form filtration units to filter waste and extra fluids from your bloodstream. Your kidneys and circulatory system work closely together. When blood pressure is persistently high, it can cause blood vessels to narrow, weaken or harden which means they are unable to deliver enough blood to the kidney.

This interferes with the filtration ability of the kidney. This interference can raise your blood pressure, further compromising your kidney health.

What happens if hypertension is left untreated?

In addition to kidney damage, leaving high blood pressure untreated can have life-threatening consequences. You are at high risk for cardiac disease.



How do I interpret my blood pressure measurement?




The blood pressure measurement has two readings: a top one, and a bottom one. The top reading (systolic) is the pressure when your heart pushes blood out. The bottom reading (diastolic) is the pressure when the heart rests between beats. The bottom reading is the more important of the two because it shows the pressure of the system at rest – a diastolic pressure above the target points to a system under dangerous pressure.

What is a normal blood pressure?

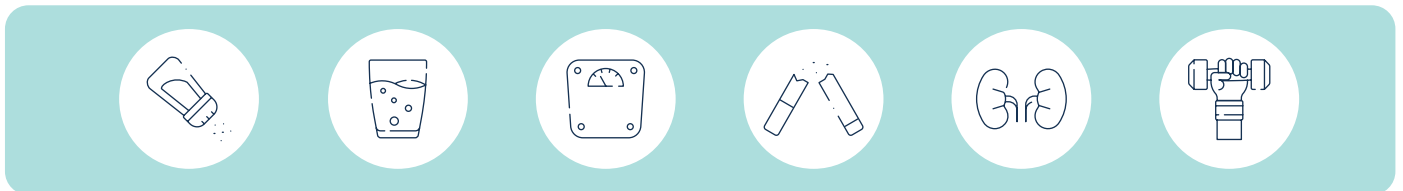
A normal blood pressure reading is 120 / 80mmHg. High blood pressure is considered to be higher than 140 / 90mmHg. Your clinician will discuss your blood pressure targets according to your health. Please remember to ask them about this and how you may better manage your blood pressure.

How can I manage my blood pressure if it is high?

There is a three-step rule you can follow.

- **Step 1**
Understand and know your blood pressure readings
- **Step 2**
Ensure you take your medicines regularly as prescribed
- **Step 3**
Report any symptoms or ill health concerns to your treating team

You can also assist in controlling your blood pressure by decreasing your intake of salty foods, carefully sticking to your fluid intake targets, looking after your weight, stopping smoking, always attending your dialysis sessions and taking regular exercise.



For a comprehensive list of references and contributors involved in the creation of this material, please refer to the included reference sheet.