

## Chronic Kidney Disease and Hypertension

Hypertension is a term which means high blood pressure.

### **Why is high blood pressure important to my CKD?**

In the United States, high blood pressure is the second leading cause of kidney failure. (Diabetes is the leading cause.) The higher your blood pressure, the greater the risk of kidney failure, stroke and heart attack.

### **What is a normal blood pressure?**

A normal reading for an adult is 120/80 or less. When either number (top – systolic or bottom – diastolic) is elevated, your blood pressure is abnormal.

### **I've been told my blood pressure is "normally" high and doesn't need to be treated. Is this right?**

Sorry. No one has a "normal" blood pressure that is above 140/90. Between 120/80 and 140/90, you may not need medication **unless you have diabetes or kidney disease.**

### **Why is it so important to regulate my blood pressure?**

Studies have shown that the risk of kidney failure increases significantly when your blood pressure is above 130/90. **You can avoid, or at least delay, the need for dialysis or kidney transplantation simply by getting your blood pressure down!**

### **Will I need medication?**

Yes. It is very important to control your blood pressure and taking your medication is essential!

### **What medication will I take?**

It will be up to you and your doctor. You may be prescribed:

- **Diuretic** – Most patients will be on a diuretic, or fluid pill. In fact, not being on an adequate dose of a fluid pill is one of the leading causes of uncontrolled high blood pressure.
- **Angiotensin-converting enzyme inhibitor (ACEI)** – This is another commonly prescribed medication. These medicines may have other beneficial effects for your kidneys.