

# Do you know your blood pressure?



## High blood pressure and chronic kidney disease



If you have **high blood pressure** you have a higher chance of developing chronic kidney disease as well as stroke and heart disease.

High blood pressure damages the small blood vessels in your kidneys leading to chronic kidney disease. With chronic kidney disease, waste products build up to high levels in your blood and can make you feel sick.



### Early detection of chronic kidney disease is important

Early detection can slow progression to kidney failure. Ask your doctor to complete a Kidney Health Check to detect chronic kidney disease.

#### Managing blood pressure in people with chronic kidney disease

- Maintaining your blood pressure to below 130/80 mmHg\* is one of the most important goals in managing chronic kidney disease
- Taking your blood pressure medicine/s prescribed by your doctor has an important effect on your kidneys and can help slow progression to kidney failure

\*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.

