

hypertension

High Blood Pressure and Kidney Disease

Your kidneys play a key role in keeping your blood pressure in a healthy range, and blood pressure, in turn, can affect the health of your kidneys. High blood pressure, also called hypertension, can damage the kidneys.

What Is High Blood Pressure?

Blood pressure measures the force of blood against the walls of your blood vessels. Blood pressure that remains high over time is called hypertension. Extra fluid in your body increases the amount of fluid in your blood vessels and makes your blood pressure higher. Narrow or clogged blood vessels also raise your blood pressure.

If you have high blood pressure, see your doctor regularly.

How does High Blood Pressure Hurt My Kidneys?

High blood pressure makes your heart work harder and, over time, can damage blood vessels throughout your body. If the blood vessels in your

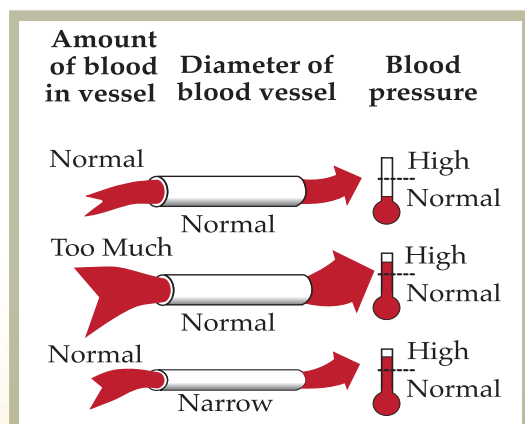
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kidneys are damaged, they may stop removing wastes and extra fluid from your body. The extra fluid in your blood vessels may then raise blood pressure even more. It's a dangerous cycle.

High blood pressure is one of the leading causes of kidney failure, also commonly called end-stage renal disease (ESRD). People with kidney failure must either receive a kidney transplant or go on dialysis. Every year, high blood pressure causes more than 25,000 new cases of kidney failure in the United States.



Hypertension can result from too much fluid in normal blood vessels or from normal fluid in narrow blood vessels.



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How Will I Know Whether I Have High Blood Pressure?

Most people with high blood pressure have no symptoms. The only way to know whether your blood pressure is high is to have a health professional measure it with a blood pressure cuff. The result is expressed as two numbers. The top number, which is called the systolic pressure, represents the pressure when your heart is beating. The bottom number, which is called the diastolic pressure, shows the pressure when your heart is resting between beats. Your blood pressure is considered normal if it stays below 120/80 (expressed as "120 over 80"). People with a systolic blood pressure of 120 to 139 or a diastolic blood pressure of 80 to 89 are considered prehypertensive and should adopt health-promoting lifestyle changes to prevent diseases of the heart and blood vessels. If your systolic blood pressure is consistently 140 or higher or your diastolic pressure is 90 or higher, you have high blood pressure and should talk with your doctor about the best ways to lower it.

Source for all articles: National Kidney and Urologic Diseases Information Clearinghouse

How Will I Know Whether I Have Kidney Damage?

Kidney damage, like hypertension, can be unnoticeable and detected only through medical tests. Blood tests will show whether your kidneys are removing wastes efficiently. Your doctor should order tests to measure your serum creatinine. Having too much creatinine in your blood is a sign that you have kidney damage. The doctor should use the serum creatinine to estimate the main kidney function called glomerular filtration rate, or GFR.

Another sign is proteinuria, or protein in your urine. Proteinuria has also been shown to be associated with heart disease and damaged blood vessels.

Are There Medicines That Can Help?

Many people need medicine to control high blood pressure. Two groups of medications called ACE (angiotensin-converting enzyme) inhibitors and ARBs (angiotensin receptor blockers) lower blood pressure and have an added protective effect on the kidney in people with diabetes. Additional studies have shown that ACE inhibitors and ARBs also reduce proteinuria and slow the progression of kidney damage in people who do not have diabetes. You may need to take a combination of two or more blood pressure medicines to stay below 130/80. Your doctor may also prescribe a diuretic in addition to your ACE inhibitor or ARB. Diuretics are also called "water pills" because they help you urinate and get rid of excess fluid in your body.

What Groups Are At Risk For Kidney Failure Related to High Blood Pressure?

All racial groups have some risk of developing kidney failure from high blood pressure. African Americans, however, are more likely than Caucasians to have high blood pressure and to develop kidney problems from it—even when their blood pressure is only mildly elevated. In fact, African Americans are six times more likely than Caucasians to develop hypertension-related kidney failure.

People with diabetes also have a substantially increased risk for developing kidney failure. People who are at risk both because of their race and because of diabetes should have early management of high blood pressure.

Beef Casserole

Drain fat from cooked beef to lower the amount of fat and calories

1/2 pound	lean ground beef
1 cup	onion, chopped
1 cup	celery, chopped
1 cup	green pepper, cubed
3 1/2 cups	tomatoes, diced
1/4 teaspoon	salt
1/2 teaspoon	black pepper
1/4 teaspoon	paprika
1 cup	frozen peas
2 small	carrots, diced
1 cup	uncooked rice
1 1/2 cups	water

1. In a skillet, brown the ground beef and drain off the fat.

2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Yield: 8 servings--Serving size: 1 1/3 cups

Each serving provides:

Calories: 184

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 15 mg

Sodium: 125 mg

Calcium: 33 mg

Iron: 2 mg

Source:

www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm

