



**NATIONAL
RENAL CARE**



HYPERTENSION

What is hypertension?

In order to understand hypertension we need to know what the normal blood pressure (BP) is. Normal BP in a healthy person with no evidence of illness is defined as equal to or below 120/80mmHg. Hypertension is a BP equal to and above 140/90mmHg. The target BP in a patient who has chronic kidney disease should be controlled below 130/80mmHg and even lower in diabetic patients; 125/75mmHg.

Factors influencing hypertension

- Diabetes Mellitus
- Family history of hypertension & Diabetes Mellitus
- Hyperlipidaemia
- Smoking
- Obesity
- Age
- Kidney Disease which interferes with the BP control mechanism in the kidney
- Renal Artery Disease
- Dietary lifestyle e.g. intake of food with high salt content.



Complications that you may get if your blood pressure is not controlled

- Heart attack or stroke
- Aneurysm (bulge in your blood vessels)
- Heart failure (your heart muscle thickens when it needs to pump blood at a higher pressure, making it difficult for the heart to pump enough blood through your body)
- Weakened and narrowed blood vessels in your kidneys
- Thickened, narrowed or torn blood vessels in your eyes
- Trouble with memory and understanding



PATIENT TUTORIAL

Causes of hypertension in patients with chronic kidney disease

- Fluid overload
- High salt content in diet
- Not getting a good dialysis
- Not taking anti-hypertensive medication as prescribed
- Other illnesses like diabetes

Signs and Symptoms of hypertension

- Dull headaches
- Dizziness
- Nose bleeds
- Blood shot eyes



What can you do to control your blood pressure?

- Manage your fluid intake
- Limit the salt content in your food
- Read food labels to see how much salt is added to it
- Come for your dialysis sessions as prescribed
- Take your blood pressure medication as prescribed
- Reports symptoms of hypertension
- Change your life style (quit smoking, exercise)