

# High Blood Pressure and Your Kidneys

**I know I have high blood pressure, but I didn't know that puts me at higher risk for kidney disease. Why am I more at risk?**

Having high blood pressure increases your risk for kidney disease. In fact, high blood pressure is the #2 cause of kidney disease, second only to diabetes.

Over time, high blood pressure can damage the tiny filters in your kidneys, keeping them from working as well as they should. This damage is usually permanent, and worse, there are usually no signs or symptoms until kidney disease is very far along.

This is why it is so important to learn that you're at risk, get tested and take steps to protect your kidneys.

**Is there anything I can do to protect myself from kidney disease?**

While having high blood pressure puts you at risk for kidney disease, you can take steps to help lower that risk.

Work with your doctor to keep your blood pressure in a healthy range. Eat a heart-healthy diet, low in fat and sodium, and get regular exercise. Also, ask your doctor if a blood pressure medicine is right for you. If you're on a blood pressure medicine, take it as directed—even if you feel fine.

Take charge of your health. A little extra effort today can help protect your kidneys!

**I've heard that I should have my kidneys tested, but that sounds invasive. What is involved in a kidney screening?**

A “kidney screening” may sound scary, but getting your kidneys checked is actually quick and easy. In fact, it involves only simple blood and urine tests that your doctor can perform as a part of your annual check up.

Even though these tests are simple, your doctor may not always include them. To be sure, ask your doctor about the last time you were tested and when you should be tested again. Ask your doctor to check your eGFR (estimated glomerular filtration rate), which can be done by a routine blood test. It measures how well your kidneys are working.



**I'm eating healthy  
and getting exercise,  
but I'm still having  
trouble with my blood  
pressure. Where  
can I get help?**

Getting your blood pressure into a healthy range and keeping it there can be difficult. A healthy lifestyle is an excellent start, but that may not be enough. You may also need blood pressure medicine—sometimes more than one—to keep your blood pressure under control. Work with your doctor to find a treatment plan that works for you.



JOIN THE FIGHT TO PREVENT KIDNEY DISEASE



**For more information or resources about  
managing your blood pressure, contact our  
toll-free HelpLine at [helpline@kidneyfund.org](mailto:helpline@kidneyfund.org) or  
866.300.2900.**

**PairUpNow.org**