

- If the blood vessels in the kidneys are damaged, protein leakage from the kidneys may occur, high blood pressure may worsen. As a result, the kidneys may stop doing their work of removing wastes and extra fluid from the blood.

### How can I control my Blood Pressure?

- Check your blood pressure regularly
- Take your medications as prescribed by your doctor
- Maintain healthy body weight
- Practice a balanced diet with more fruits and vegetables. Eat less saturated fats
- Limit daily salt intake to 1 tsp
- Limit alcohol and caffeine intake
- Exercise 30 minutes a day, at least 3 times a week
- Quit smoking

Kidney disease is a silent killer! Signs and symptoms occur late in kidney disease. Screening tests are vital, especially if you are at high risk.

The progression of kidney disease can be slowed or stopped if detected earlier.

This is a public service provided by the National Kidney Foundation of Malaysia. All information is intended for educational purposes only. Please consult your doctor for further information.



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# High Blood Pressure & Your Kidneys



**National Kidney Foundation of Malaysia**

## What is Blood Pressure?

- It is the force with which the blood pushes against the walls of your arteries. This pressure moves blood from the heart to organs like the brain, kidneys and stomach.
- It has two components:
  1. Systolic pressure - the maximum pressure in the arteries when the heart is actively pumping.
  2. Diastolic pressure - the minimum pressure when the heart is resting between beats.
- There are two readings, i.e. systolic pressure over diastolic pressure, e.g. 120/80 mmHg, spoken as 120 over 80.
- Blood pressure varies according to physical activity and emotional conditions during the day.

## What is High Blood Pressure?

- High blood pressure (hypertension) is a disorder marked by intermittent or consistent elevation of systolic and / or diastolic blood pressure.
- Generally, a sustained systolic pressure of 140 mmHg or more, or a diastolic pressure of 90 mmHg or more, qualifies as high blood pressure.
- High blood pressure occurs when the force of blood against your artery walls increases enough to cause damage.
- Extra fluid in your body increases the volume of fluid in your blood and makes your blood pressure higher.
- Narrow or clogged blood vessels can also raise blood pressure.

## Is your Blood Pressure normal?

- Normal blood pressure should be 120/80 mmHg or less.
- For most adults, blood pressure readings that stay at 140/90 mmHg or above are high. Blood pressure readings of 130-139/85-89 mmHg are considered high normal.
- Most people with high blood pressure do not know they have it because there are no obvious symptoms.

## What are the risk factors for High Blood Pressure?

- Smoking
- Overweight
- Men over 45 years old
- Women over 55 years old
- Family history of high blood pressure
- Have diabetes, kidney disease or heart disease
- Consumption of high amount of salt and saturated fat or alcohol

## The complications of High Blood Pressure

- Blood vessels damage
- Kidney disease
- Heart disease
- Stroke

## How does High Blood Pressure affect your kidneys?

- It is a leading cause of kidney failure.
- High blood pressure can damage the blood vessels that carry blood throughout the body. Small vessels are the ones usually affected first.