



Hypertension A Silent Killer!



Regular blood pressure screening can facilitate early diagnosis and treatment and reduce the risk of complications associated with high blood pressure like strokes, heart attacks and kidney failure.

What is Blood Pressure?

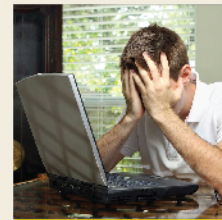
- The force of pressure on the inside of our arteries (blood vessels) as the blood circulates
- You cannot feel "high" blood pressure

What is Hypertension?

- The condition when blood pressure is always higher than normal
- Also called High Blood Pressure (HBP)
- Hypertension is a blood pressure usually greater than 120/80 mm Hg.

Why should I care?

- Stroke (brain attack)
- Heart attack & heart failure
- Kidney failure
- Sexual dysfunction
- Dementia
- Eye damage
- Early death



What do the numbers mean?

- The upper number is when the heart beats, the lower number is when the heart relaxes
- Measured in mm Hg (millimeters of mercury) e.g. 124/84 mm Hg

How do you know if you have Hypertension?

- Most people cannot feel if their blood pressure is high
- Symptoms such as headache, dizziness, shortness of breath and blurred vision may occur

How often should I check it?

If your blood pressure is:

- Less than 130/82 – every 2 years
- 130-139/85-89 – every year
- Above 139/89 – check often



What can you do?

- Measure your blood pressure regularly
- Increase your physical activity
- Control your weight
- Eat nutritional foods, whole grains, fresh fruits, vegetables, low fat dairy products
- Cut back on salt and processed foods
- Stop smoking
- Reduce stress
- See your doctor/health care provider
- Take medications as prescribed



How does High Blood Pressure hurt the kidneys?

The kidneys play a key role in keeping a person's blood pressure in the normal range and high blood pressure can affect the health of the kidneys.

High blood pressure can damage the kidneys and lead to chronic kidney disease (CKD).

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

If the blood vessels in the kidneys are damaged, they may stop removing wastes and extra fluid from the body. The extra fluid in the 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 called End-Stage Renal Disease (ESRD). These patients must either receive regular blood-cleansing treatments called dialysis or kidney transplant.

Blood Pressure and Chronic Kidney Disease (CKD)

Excellent control of your blood pressure slows down the progression of CKD. It is important that you regularly check and record your blood pressure. Eighty percent of your blood pressure readings should be 120/80 mm Hg or below and your kidney doctor will advise you regarding the medication that is best for you to control your blood pressure.

How does it affect your heart?

In hypertension, the heart has to work harder causing it and become thick, and enlarged. This, if unchecked, can lead to heart failure.

**FOR HYPERTENSION SPECIALIZED TREATMENT,
YOU CAN VISIT THE KIDNEY CENTRE POST
GRADUATE TRAINING INSTITUTE**

Available Specialized Tests:

- 24 hour ambulatory blood pressure monitoring
- Stress Echocardiogram (Exercise and Pharmacological test)
- Transesophageal Echocardiogram
- Holter Monitor (HM)
Electrocardiogram (ECG) is continuously monitored for 24 to 48 hours
- Adult Echocardiogram (AECHO)
To take images and measurements of different parts of the heart
- Exercise Tolerance Test (ETT)
To assess the heart response by increased workload and demand for blood
- For further details, call on Extension 318



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