

# Hypertension and Kidneys

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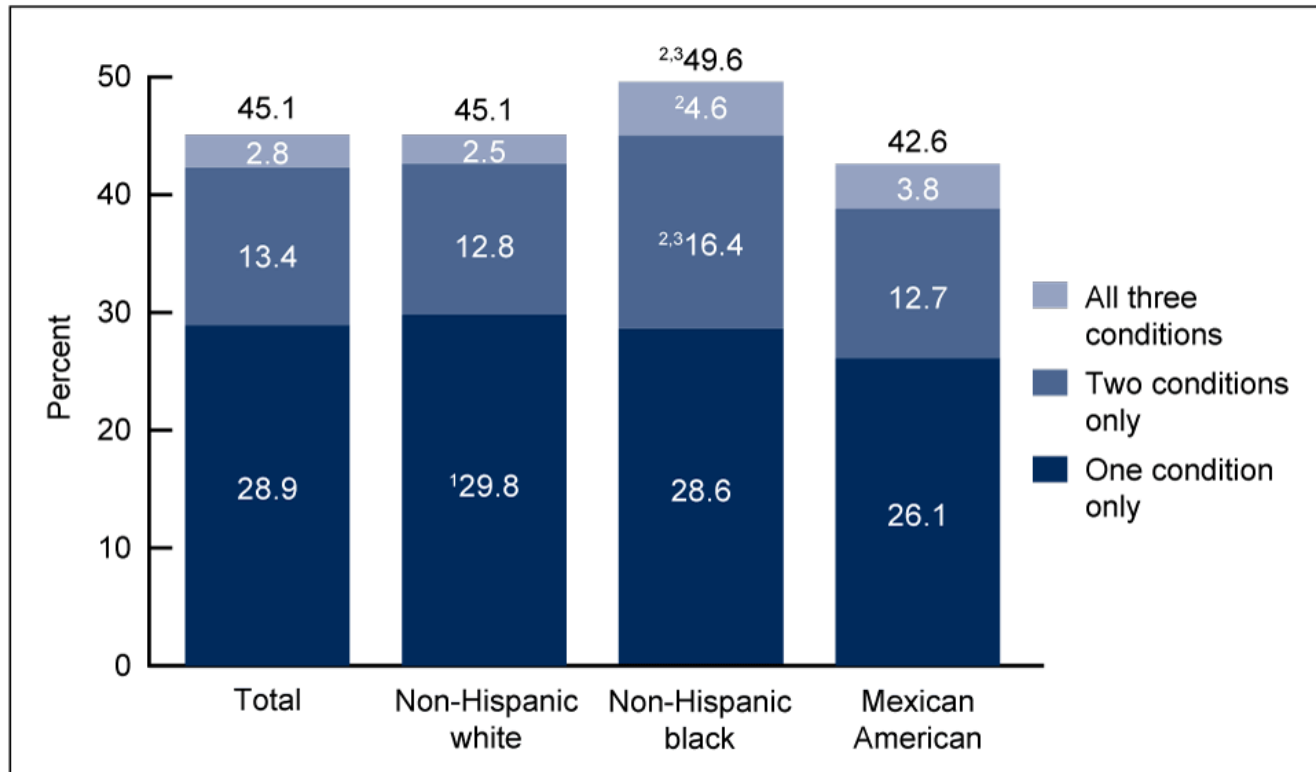
Kidney Specialists

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Southwest General Hospital

# One in Three Americans have Hypertension

Figure 2. Age-adjusted prevalence of diagnosed or undiagnosed hypertension, hypercholesterolemia, and diabetes in adults, by number of conditions and race/ethnicity: United States, 1999–2006



1 is the significant difference between non-Hispanic white and Mexican-American persons.

2 is the significant difference between non-Hispanic white and non-Hispanic black persons.

3 is the significant difference between non-Hispanic black and Mexican-American persons.

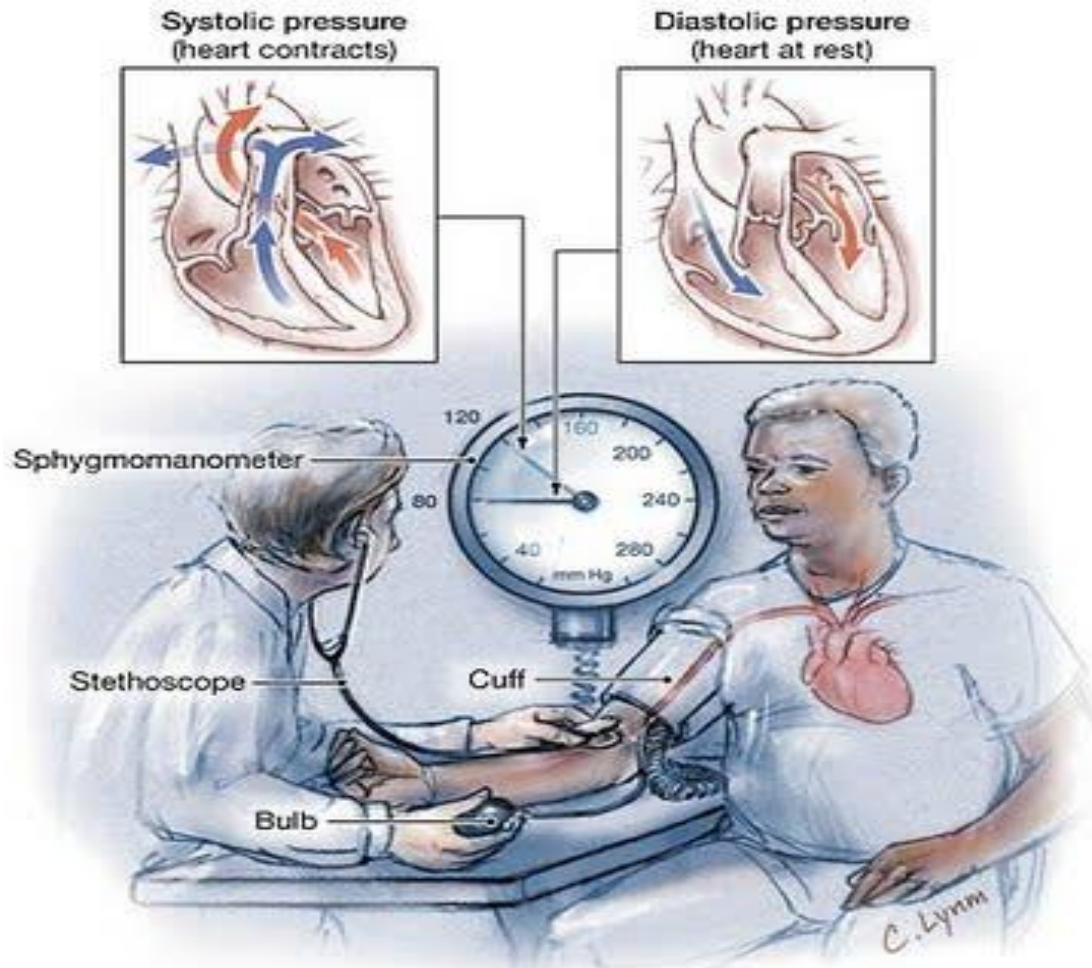
NOTE: Persons of other race/ethnicity are included in the total.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Surveys, 1999–2006.

# Hypertension - High Blood Pressure

- Measurement of pressure in arteries generated by heart during contraction and relaxation
- Example 140/90, top number when heart is contracting and bottom number when heart relaxing

# Blood Pressure Measurement



# Measuring Blood Pressure

- Blood pressure machine
- Best with arm cuff



health

# THE SILENT KILLER

## DEALING WITH HYPERTENSION

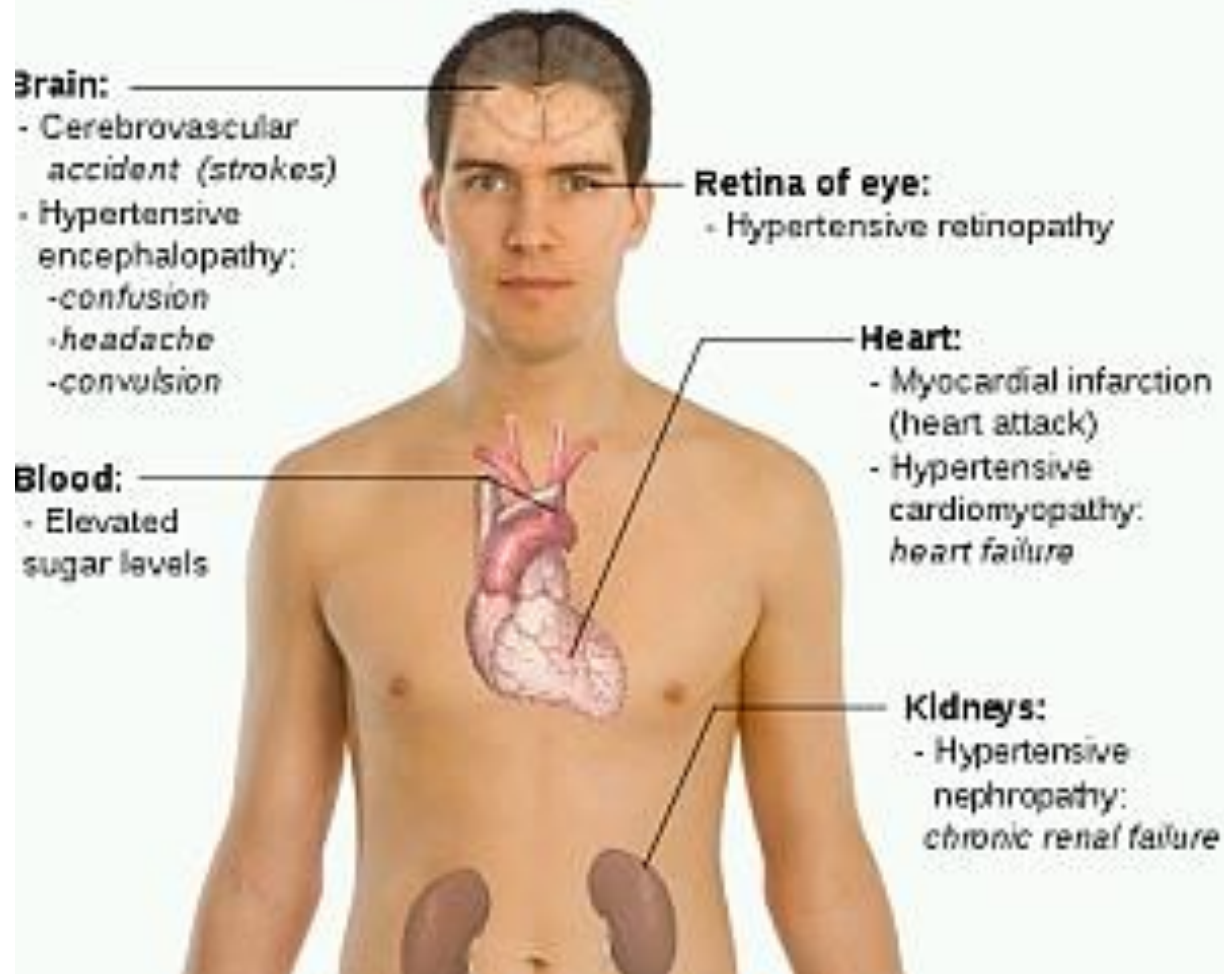


# Definition of Normal and High Blood Pressure

Level	Top Number	Bottom number
High	140 and above	90 or above
Prehypertension	120 to 139	80 to 89
Normal	119 or below	79 or below

# How Hypertension Affects our Body

## Main complications of persistent High blood pressure





# Symptoms High Blood Pressure

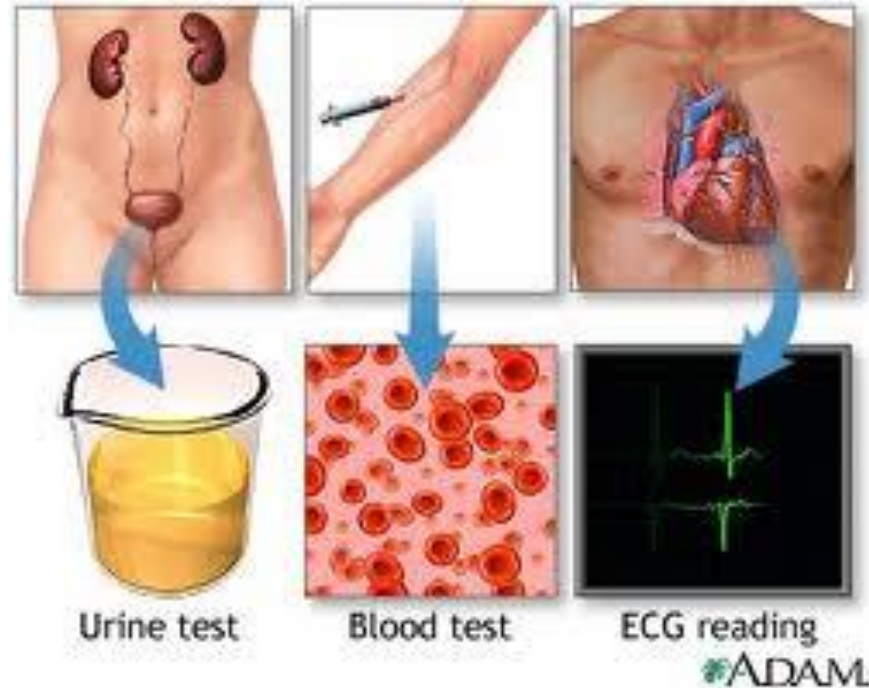
- Usually doesn't cause any symptoms unless very high
- Headache
- Nose bleed
- Stroke
- Heart attack
- Renal failure
- Eye problems - blindness

# Hypertension Risk Factors

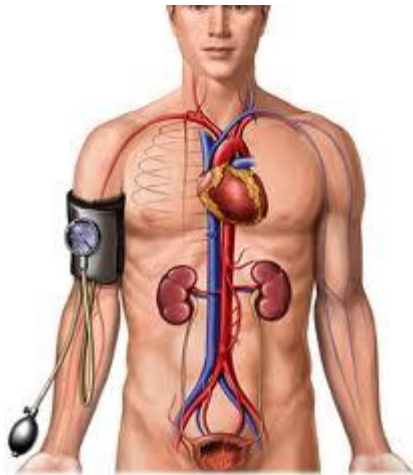
- Common problem
- 32% African-Americans
- 23% Mexican –Americans
- More common with older age

# Tests for High Blood Pressure

- Urine
- Blood
- ECG



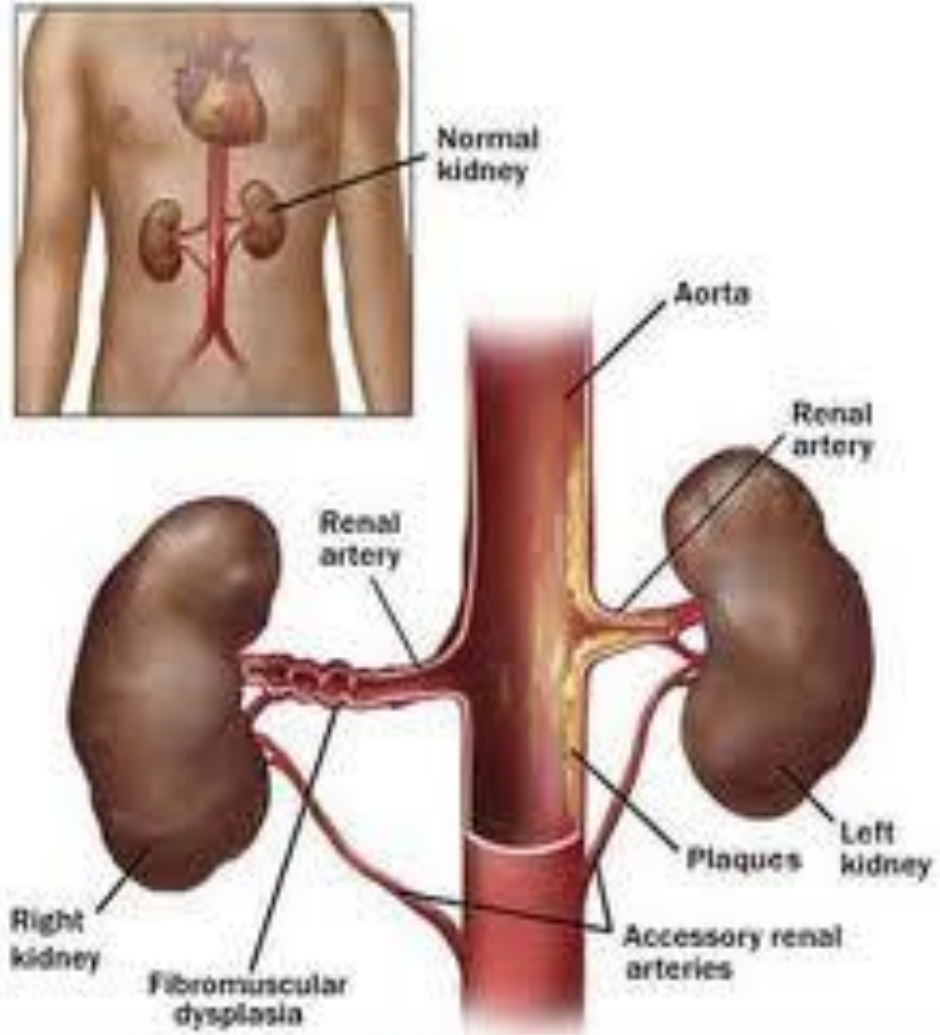
# High Blood Pressure Affects Kidneys



- Heart works Harder
- Blood Vessels can be Damaged in Kidneys
- Stop removing waste and fluids
- May result in End Stage Renal Disease

# End Stage Renal Disease

- Kidney Failure
- Dialysis
- Life Changes



# Treatment of High Blood Pressure

- Life style modifications
- Loose weight



- Less Salt
- Avoid excessive drinking alcohol
- Stop smoking
- Exercise at least 30 minutes a day

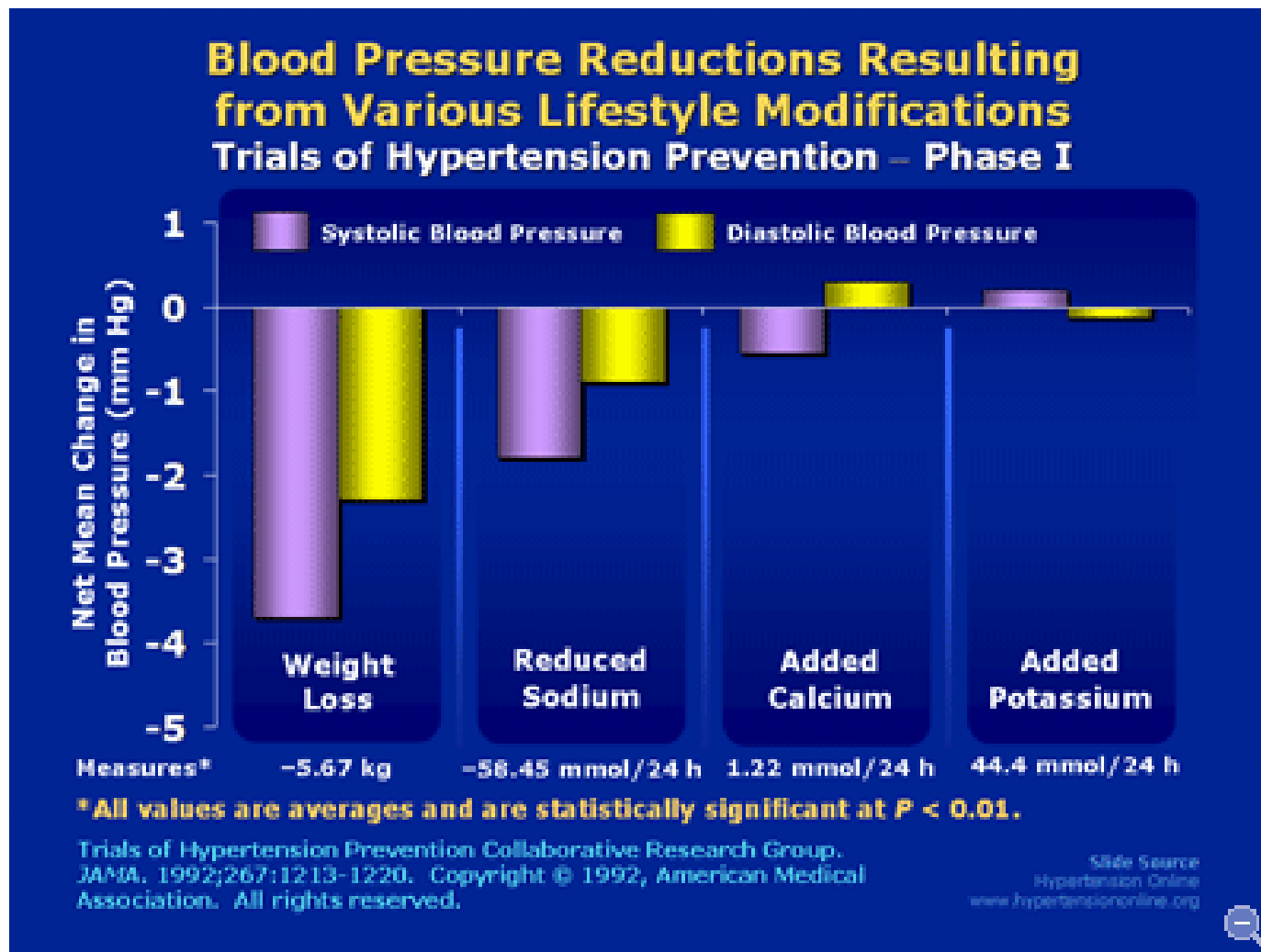


# Treatment of High Blood Pressure (cont.)

- Good sleep
- Avoid stress
- Dietary changes
- Medications



# Prevention of High Blood Pressure





# Diet and Hypertension

- Low salt
- High fiber
- Vegetables and fruits
- Beans
- Oils – better olive oil, sunflower better than butter
- Nuts
- Fish
- Meats –poultry
- Whole grain breads



# Dietary changes

- Reduce Salt intake – less than 2 gm a day
- Reduce alcohol- one or two alcoholic beverages per day OK
- Eat more fruit and vegetables daily



# Dietary changes (cont.)

- Eat more fiber – 20 – 35 gm per day
- Eat more fish
- Caffeine avoid drinking more than 2 cups a day
- Avoid High Fructose Corn Syrup



# Manage Your Blood Pressure

- Monitor Blood Pressure
- Change your Diet
- See your Doctor