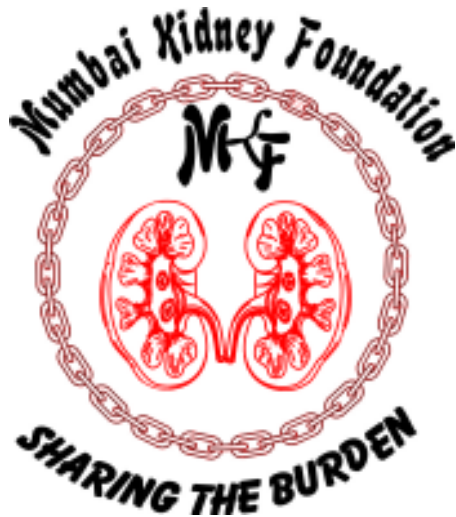


Blood pressure (Hypertension)

**The higher it rises,
The faster you will fall.**



Kidney & Hypertension (High Blood Pressure)



What is Blood Pressure?

Blood pressure is the force of your blood pushing against the walls of your arteries. This pressure moves the blood from the heart to organs like brain, kidney & stomach.

How is it measured?

The only way to know it is to get it measured.

Blood pressure is measured with the help of a blood pressure cuff around your upper arm. The cuff is pumped and then released to listen for the pulse sound. The top number of your BP reading is called Systolic Pressure & bottom number is called Diastolic Pressure.

e.g. your reading might be 120/80 which is said as 120 over 80.

What is High Blood pressure (hypertension)?

It is the force of blood against your artery walls, high enough to cause damage. The higher the blood pressure, the harder the heart has to pump to feed the tissues. Constant untreated elevated pressure may give rise to stroke, heart attack, blindness and kidney disease. One high reading may not mean you have high blood pressure. Your diagnosis of

high blood pressure must be confirmed on follow-up with your doctor. For most adults, High BP is defined as systolic pressure of 140 or higher or Diastolic pressure of 90 or higher. The desired B P for diabetics or chronic kidney patients is below 130/80.

What are the symptoms of High Blood Pressure ?

Most people with High B P may not experience any symptoms and are unaware of their condition. Others may suffer from dizziness, vision changes, headaches or nose bleeds.

Risk factors which may contribute to High BP.

- **Heredity** : A family history of hypertension & Heart Disease raises the risk for hypertension.
- **Age** : Arteries lose their elasticity as we age with a consequent increase in B P Weight gain during adult life is also responsible for much of the rise in the B P seen with ageing.
- **Obesity** : “Longer the waistline, shorter the lifeline”. More so excess abdominal obesity. Waist circumference more than 34” in women & more than 39” in men is associated with 4-6 times increase risk of Hypertension.
- **Alcohol is a toxic to every cell of the body.**
- **High Salt & fat intake**
- **Too little exercise & sedentary lifestyle**
- **Stress**

Most of the risk factors are in our control. Lifestyle changes could lessen the incidence of hypertension.

How are High B P & Kidney Disease Related?

High Blood Pressure is the most common cause of kidney disease next to diabetes. In addition High Blood Pressure increases the rate of loss of Kidney function in people with kidney disease. Nephrons (working units of Kidneys) are affected after years of stress from the High Blood Pressure. Your Doctor can detect the percent of Kidney Damage by checking protein in your urine, glomerular filtration rate (GFR) from a simple blood test. People with High Blood Pressure are at increased risk for developing Chronic Kidney Disease. The simplest method to detect Kidney Disease in Patients with High Blood Pressure is to do urine test & blood test for creatinine.

How often should I have my Blood Pressure checked ?

For a normal person it must be at least once in a year. If it is detected, you should have it checked as often as your Doctor advises.

You may need to start medications if your Blood Pressure remains high. You can also check your Blood Pressure at home.

How High B P is treated ?

Although High BP cannot be cured, but it can be controlled. The target blood pressure is below 140/90. In case you have high risk or kidney disease, you must aim to maintain it below 120/80. You have to undergo some changes in your lifestyle, viz.

- Lose excess weight
- Controlled Diet (Consult dietician)
- Cut down on consumption of salt in your daily diet
- Avoid alcohol & quit smoking.

DIETARY RECOMMENDATIONS FOR HYPERTENSION :-

Ways to cut on Sodium in Diet

- Depending on the degree of sodium restriction, all foods should be prepared & served without addition of salt, baking soda, baking powder or MSG (ajinomoto). Gradually cut back on the use of salt shaker.
- Carefully read labels of all prepared foods. Look out for ingredients like bicarbonates of soda (baking soda), baking powder, MSG, sodium compounds such as sodium benzoate, sodium citrate etc.
- Avoid medicines, laxatives & salt substitutes unless prescribed by Doctor.

Foods to avoid

- Commercial foods made up of milk, condensed milk, ice-cream, milk shakes.
- Natural sodium content of animal foods is high & hence meat, fish, chicken, eggs, milk, cheese & paneer should be used in restricted amounts. Organ meats (kidney, liver, brain) are also high in sodium. Salt water fish contains no more sodium than fresh water fish.
- Avoid use of canned fruits, dry fruits like raisins & canned vegetables. Spinach, carrots, Beetroot, & white Turnip contain good amount of sodium.
- Commercially baked products like bread, bread rolls, croissants, brioche, biscuits, cakes, pizzas, pastries etc. should be avoided.

- Unsalted butter or white butter prepared at home should be used instead of regular market butter.
- Soft drinks & prepared beverage mixes including fruit flavored powders.
- Eating snack foods outside like bhel, pani-puri, samosa, ragda-pattice, dahiwadas, chana- bhatura, burgers, popcorn, wafers, papad, medu-wada etc.
- Seasoning to avoid include all types of sauces, pickles.

Foods low in sodium

Cereals, fruits, most vegetables, sugar, oil, cream, unsalted butter & margarine.

Myths of Blood Pressure

- **Age :** I'm too young, how come I can have blood pressure.
- **Symptoms :** I have no symptoms of blood pressure like headache, nausea & vomiting then why I should see Doctor.
- **Life style :** I am living a very normal life... I have no tensions so no chance of having blood pressure.
- **Hereditary :** In my family no one had blood pressure so I am sure I'll also not have Blood Pressure
- **Weight :** My weight is under control.

Points you must remember



- High blood pressure is leading cause of heart attacks, strokes & chronic kidney disease.
- Controlling high blood pressure reduces the chance of having these complications.
- Have your blood pressure checked at least twice in a year.
- If you are diagnosed with high blood pressure please adhere to your medications to avoid any further complications.

Ten Commandments of Prevention of Hypertension & Diabetes

- 1) Treat Obesity
- 2) Control B.P. below 130/80, follow your Doctor's advice.
- 3) Control Sugar in Urine.
- 4) Take food in their natural form. (e.g. Veggies, wholegrain Cereals & Pulses & whole Fruits)
- 5) Exercise regularly.
- 6) Regular BP check ups.
- 7) Avoid toxic drugs (e.g. Pain killers & Ayurvedic medicines)
- 8) Identify & treat water & food borne infections.
- 9) Treat Kidney stones immediately.
- 10) In case of family history of Kidney diseases get all family members checked.



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