



## TAKE THE PRESSURE OFF YOUR KIDNEYS AND YOUR HEALTH

TAKE THE PRESSURE OFF YOUR KIDNEYS AND YOUR HEALTH. HIGH BLOOD PRESURE IS THE SECOND LEADING CAUSE OF KIDNEY FAILURE AFTER DIABETES. IF YOU HAVE HIGH BLOOD PRESSURE, YOU'RE AT RISK FOR CHRONIC KIDNEY DISEASE, WHICH CAN LEAD TO KIDNEY FAILURE. KIDNEY DISEASE ALSO INCREASES YOUR CHANCES OF STROKE, HEART ATTACK AND DEATH. EARLY STAGE KIDNEY DISEASE USUALLY HAS NO SYMPTOMS. THE GOOD NEWS IS, HEALTHY LIFESTYLE HABITS THAT HELP YOU MANAGE HIGH BLOOD PRESSURE ALSO HELP PROTECT YOUR KIDNEYS. TAKE MEDICATIONS AS PRESCRIBED. AIM FOR A HEALTHY WEIGHT. SELECT HEALTHIER FOODS AND BEVERAGES. QUIT SMOKING. AIM FOR AT LEAST SEVEN TO EIGHT HOURS OF SLEEP. REDUCE STRESS AND MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE. FOR MORE INFORMATION ABOUT THE LINK BETWEEN HIGH BLOOD PRESSURE AND KIDNEY HEALTH, VISIT [N-I-D-D-K--DOT--N-I-H--DOT--GOV](http://N-I-D-D-K--DOT--N-I-H--DOT--GOV).