

High Blood Pressure and Chronic Kidney Disease



Uncontrolled **high blood pressure is the second-leading cause of kidney failure** in the United States. Diabetes is the leading cause of kidney failure in the U.S.



Kidney failure means that the kidneys are no longer able to remove waste products and excess water from the body. Dialysis or a kidney transplant is necessary to maintain life.



People who are older, with a family history of high blood pressure, are overweight, and are African American have a greater risk of developing high blood pressure.



African Americans are six times more likely to develop high blood pressure, tend to develop it at a younger age, and to develop more severe high blood pressure.



There may be no evidence of kidney malfunction until severe damage has occurred.

Key Statistics

In the United States, **1 in 5 adults** have high blood pressure. 28% of people with high blood pressure **don't know they have it**; frequently there are no symptoms, although some people may experience dizziness, headaches, or nose bleeds.

Good blood pressure management is important to protect kidney function. **Keep your blood pressure at the target your doctor sets for you.**

High blood pressure can affect anyone at any age. It is less frequent in children; however, regular blood pressure checkups should begin in childhood and continue throughout life.

It is important to **maintain a normal weight, exercise on a regular basis, and don't smoke.**

33%

of adults in your community are at risk of kidney disease

Beyond the numbers **We see you**

LEARN HOW

TO ASSESS YOUR RISK AT
KIDNEYMI.ORG/KIDNEYQUIZ



NATIONAL KIDNEY
FOUNDATION®

of Michigan

734-222-9800 | 800-482-1455
WWW.NKFM.ORG