



Blood pressure is a measure of the force, or pressure, of blood moving against artery walls.

Blood pressure is reported as two numbers

- The first number is systolic pressure, when your heart beats
- The second number is diastolic pressure, when your heart rests between beats
- Your blood pressure changes during the day

High blood pressure can cause...

- **Heart attack**—Blood vessels that go to your heart get clogged and heart muscles die
- **Stroke**—Blood vessels that go to your brain get clogged or burst, damaging your brain
- **Heart failure**—Your heart is overworked; gets weaker over time
- **Kidney disease**—Kidney blood vessels are damaged

Blood pressure and dialysis

- Blood pressure can get too high if there is too much fluid and salt in your body
- Dialysis removes fluid and salt and keeps blood pressure in more normal range
- Blood pressure may be low if your heart is weak and can't pump well

Keep blood pressure under control

- Know your blood pressure goal—ask your doctor what is right for you
- Know your target weight set by your doctor (your weight without extra fluid)
- Get to your target weight by the end of each dialysis
- Attend all your dialysis treatments and stay for the full treatment time
- Lower your salt intake to help keep fluid gains low; ask your dietitian for tips
- Take your blood pressure medications as prescribed
- Exercise like walking helps lower blood pressure—aim for 30 minutes, 5 days a week