



What is blood pressure?

Blood pressure is a measure of the force, or pressure, of blood moving against artery walls. It is reported as two numbers. Systolic pressure (top number) is when your heart beats. Diastolic pressure (bottom number) is when your heart rests between beats.

Blood pressure can get too high if there is too much fluid and salt in your body.

Know your goal!

- Blood pressure targets differ for each person—ask your doctor for your goal

Keep blood pressure controlled to:

- Lower your risk of heart attack, stroke, and heart failure

How to keep your blood pressure under control:

- Attend all of your dialysis treatments
 - Stay for the full treatment time
- Know your target weight (your weight without extra fluid)
 - Get to your target weight by the end of each dialysis
- Limit fluid intake to 3 cups plus urine output daily
- Limit salt to less than 2000 mg daily—ask your Dietitian for tips
- Exercise—move your body daily (aim for 5 days a week for 30 minutes each day, for a total 150 minutes a week)
- Quit smoking—ask your Social Worker for tips

