

Keep Your Blood Pressure and Kidneys Safe

Did you know that having high blood pressure can affect how well your kidneys work? Blood pressure is the force of blood that pushes against the walls of your blood vessels. If that pressure becomes too high, it is then called high blood pressure or hypertension. High blood pressure is also known as the “silent killer” because it often has no warning signs. Narrow, stiff or clogged blood vessels can all cause high blood pressure.

Over time, high blood pressure will weaken and damage the blood vessels in the kidneys. This can lead to chronic kidney disease (CKD). CKD can lead to kidney failure when your kidneys stop removing waste and extra fluid from the body.

To prevent CKD, your doctor may write you a prescription for 1 or more blood pressure medicines. These medicines can slow down kidney damage by:

- Helping the kidneys remove fluid from the blood
- Widening the blood vessels to increase blood flow
- Slowing down the heart rate and reducing the force of blood being pumped around in the body

Take your blood pressure medicine(s) as ordered by your doctor. Your doctor may also want to check how well your kidneys are working throughout the year. How often your kidneys get checked will depend on which medicine(s) you are taking and the current condition of your kidneys. Taking your medicine(s) and getting your kidneys checked are important to help slow or prevent kidney disease.

If you have any questions, please call OneCare Customer Service toll free at **1-877-412-2734**, 24 hours a day, 7 days a week. TTY users can call toll free at **1-800-735-2929**.

* The people in the photographs that appear in this document are models and used for illustrative purposes only.

