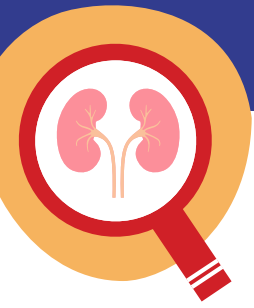


Do you know your blood pressure?



High blood pressure and chronic kidney disease



If you have high blood pressure you are at increased risk of having a stroke and your chance of developing heart disease or chronic kidney disease (CKD) is increased as well.

High blood pressure damages the small blood vessels in your kidneys leading to chronic kidney disease.

With chronic kidney disease, waste products build up to high levels in your blood and can make you feel sick.



Early detection of CKD is important.

Early detection can slow progression to kidney failure. Ask your doctor to complete a Kidney Health Check to detect chronic kidney disease.

Managing blood pressure in people with CKD:

- Maintaining your blood pressure to below 130/80 mmHg* is one of the most important goals in managing CKD.
- Taking your blood pressure medicine/s prescribed by your doctor has an important effect on your kidneys and can help slow progression to kidney failure.

*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.



For more info google 'High Blood Pressure Servier'.

Servier Laboratories (Aust.) Pty. Ltd. Burnley VIC 3121.

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