

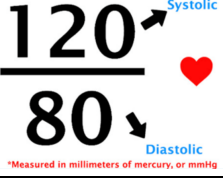
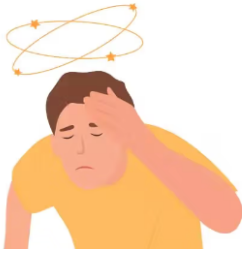



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Hypertension (high blood pressure)

	<u>Measuring BP</u> <ul style="list-style-type: none">• Use arm cuff (not wrist)• Be seated/at rest for ~5min and arm supported• Take 2 readings, 1 min apart• Keep a record of the average BP
	<u>Taking your medications</u> <ul style="list-style-type: none">• Take at similar time each day• Taking regular medications rather than skipping results in a better BP profile
 <p>120 ↑ <small>Systolic</small> 80 ↓ <small>Diastolic</small> <small>*Measured in millimeters of mercury, or mmHg</small></p>	<u>Your target BP</u>
	<u>Things to watch out for:</u> When the BP is too high or too low <ul style="list-style-type: none">• Headache, blurred vision, Feeling unwell / about to pass out• Slurred speech/weakness (stroke), Chest pain, breathing difficulty• Postural drop (BP drops by ≥ 20mmHg when position changes) – you may feel lightheaded when getting up from bed or the chair• Unwell/in hospital – discuss with your doctor, you may need to temporarily stop the meds
Strategies to help improve blood pressure should include 	<ul style="list-style-type: none">• Take anti-hypertensive (BP meds) as prescribed• Reducing salt in your diet<ul style="list-style-type: none">○ Aim to ingest less than 4g/salt per day○ Reading nutritional labels – this is listed as sodium (target sodium < 2000mg/day)• Maintaining a healthy weight/BMI• Increasing physical activity/exercise• Stop cigarette smoking or vaping

This is information is an aide to discussion with your doctor (it **does not** replace specialist advice).

More information can also be found at:

- Kidney health Australia (<https://kidney.org.au/>)
- National Kidney Foundation (<https://www.kidney.org/kidney-health/high-blood-pressure>)
- Heart foundations (<https://www.heart.org> and <https://www.escardio.org/>)