

High Blood Pressure and Chronic Kidney Disease

High blood pressure is a leading cause of chronic kidney disease (CKD) in the United States. About 1 in 2 American adults (about 108 million people) have high blood pressure. High blood pressure and CKD are often linked. A diagnosis of one often precedes a diagnosis of the other. About 1 in every 5 adults with high blood pressure may have CKD.

What Is High Blood Pressure?

Blood pressure is the force of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of the body. Normal blood pressure is a reading of less than 120/80 mmHg. Blood pressure normally rises and falls throughout the day. If blood pressure stays high for a long time, it can lead to kidney disease.

Most people with high blood pressure do not have any symptoms. In rare cases, it can cause headaches. You can have high blood pressure for years without knowing it. The only way to find out if you have high blood pressure is to have it measured.

High Blood Pressure by the Numbers

Adults 60 years old and younger

High blood pressure is 140/90 mmHg or greater

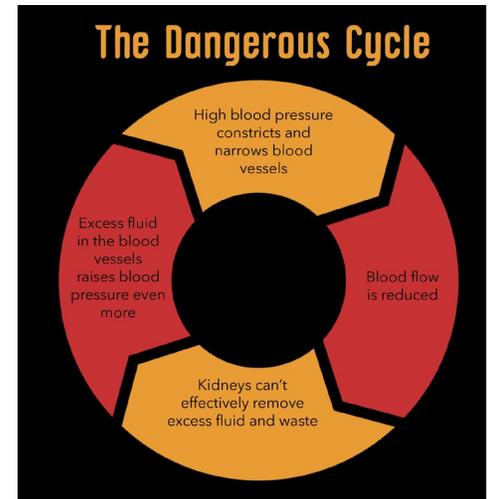
Adults over 60 years old

High blood pressure is 150/90 mmHg or greater

Goals for your blood pressure may be different if you have certain conditions, such as diabetes, kidney disease, or protein in your urine. Talk to your healthcare provider to find out what the right goal is for you.

What Does High Blood Pressure Do to the Kidneys?

High blood pressure can constrict and narrow the blood vessels in your kidneys. This reduces blood flow so the kidneys can't do a good job of removing excess fluid and waste from your body. Excess fluid in the blood vessels can raise your blood pressure even more. This creates a dangerous cycle.



What are the Symptoms of Kidney Disease in People with High Blood Pressure?

Many people in the early stages of kidney disease don't have any symptoms. As kidney disease gets worse, some people may have swelling. This happens when the kidneys can't get rid of extra fluid and salt. Swelling typically occurs in the legs, feet, and ankles. Swelling occurs less often in the hands or face.

Symptoms of Kidney Disease in People with High Blood Pressure

Symptoms of advanced kidney disease can include

- Increased or decreased urination
- Loss of appetite, nausea, or vomiting
- Weight loss
- Drowsiness, feeling tired
- Trouble sleeping
- Headaches or trouble concentrating
- Generalized itching or numbness, dry skin, or darkened skin
- Muscle cramps
- Chest pain or shortness of breath

Source: High Blood Pressure & Kidney Disease. National Institute of Diabetes and Digestive and Kidney Diseases. Accessed April 23, 2021. Available at <https://www.niddk.nih.gov/health-information/kidney-disease/high-blood-pressure#symptoms>.