

Blood pressure Record

What should my target blood pressure be? _____

DATE	BLOOD PRESSURE

When should I next have my blood pressure checked?

- 1 week 6 months
 1 month 1 year
 3 months

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Blood Pressure

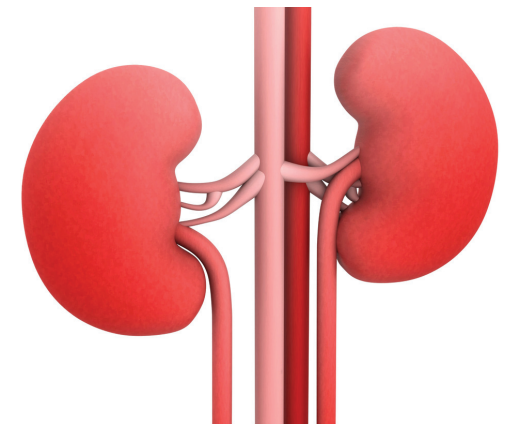
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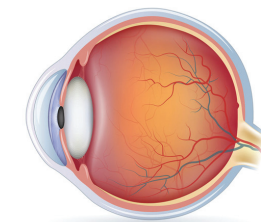
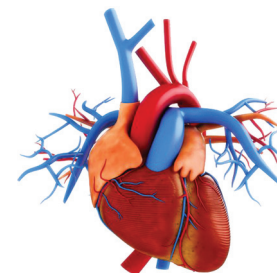
a risk factor for kidney disease, heart attack and stroke.

Blood Pressure is the force of the blood against the artery (blood vessel) walls as the heart pumps it around the body.

When the blood pressure is too high it can cause damage to your blood vessels and some of your organs, especially your kidneys – kind of like a hammer banging against a wall.



High blood pressure (also called hypertension) can also cause damage to your heart and eyes and can lead to a stroke.



*80% of people
with kidney disease
have high blood pressure.*

What do the numbers mean?

When your blood pressure is taken there are two numbers recorded such as 130/70. Both numbers are important.



The first number is called the systolic pressure – this is the pressure in the arteries as the heart squeezes out blood during a beat.

The second number is called the diastolic pressure – this is the pressure of the blood in the arteries when the heart relaxes before the next beat.

What is a normal blood pressure?

Normal Blood pressure: less than 130/80

Borderline: between 130/85 and 140/90

High: more than 140/90

If you are over 65 years old blood pressure up to 150/90 can be normal.

What can I do to lower my blood pressure?



Stop smoking



Move more



Lose weight



Take your tablets



Have less fat and salt in your food



Talk to your family/whanau about being healthy and for their support

It is important if you are having treatment that is not prescribed by your Doctor or nurse, you need to tell them.

Think about what small steps you can do to help lower your blood pressure.