

SIGN AND SYMPTOMS



HEADACHE



RINGING IN EARS



TIRED EYES OR
BLURRY VISION



IRRITABILITY



FATIGUE



SLEEPING
DIFFICULTY/
INSOMNIA



NECK PAIN

HOW TO CONTROL BLOOD PRESSURE?



REDUCE SALT INTAKE

SALT AND SEASONING LIKE MSG HAVE HIGH SODIUM CONTENT. EXCESSIVE SODIUM INTAKE CAN INCREASE BLOOD PRESSURE.

AVOID ALCOHOL

ALCOHOL IS HIGH IN CALORIES AND CAN INCREASE THE RISK OF OBESITY. OBESSE INDIVIDUALS ARE MORE AT RISK OF DEVELOPING HYPERTENSION.



LIVE AN ACTIVE LIFESTYLE

EXERCISE CAN HELP TO CONTROL BLOOD PRESSURE AND STRENGTHEN THE HEART MUSCLE. BESIDES, EXERCISE ALSO INCREASES THE PRODUCTION OF ENDORPHIN HORMONES THAT CAN RELIEVE STRESS AND DEPRESSION

HAVE ENOUGH REST

ADEQUATE AND REGULAR SLEEP FOR AT LEAST 6 HOURS AT NIGHT CAN HELP MAINTAIN A HEALTHY BODY.



EAT BALANCED MEALS

EAT BALANCED MEALS BY INCREASING HIGH FIBRE FOOD INTAKE SUCH AS WHOLE GRAINS, FRUITS AND VEGETABLES.



CHECK BLOOD PRESSURE REGULARLY

Source:

1. Clinical Practical Guidelines-Management of Hypertension, 5th Edition (2018)
2. <http://www.myhealth.gov.my/>

Kidney disease is a silent killer! Signs and symptoms occur late in kidney disease.

Screening tests are vital, especially if you at high risk. The progression of kidney disease can be slowed or stopped if detected earlier.

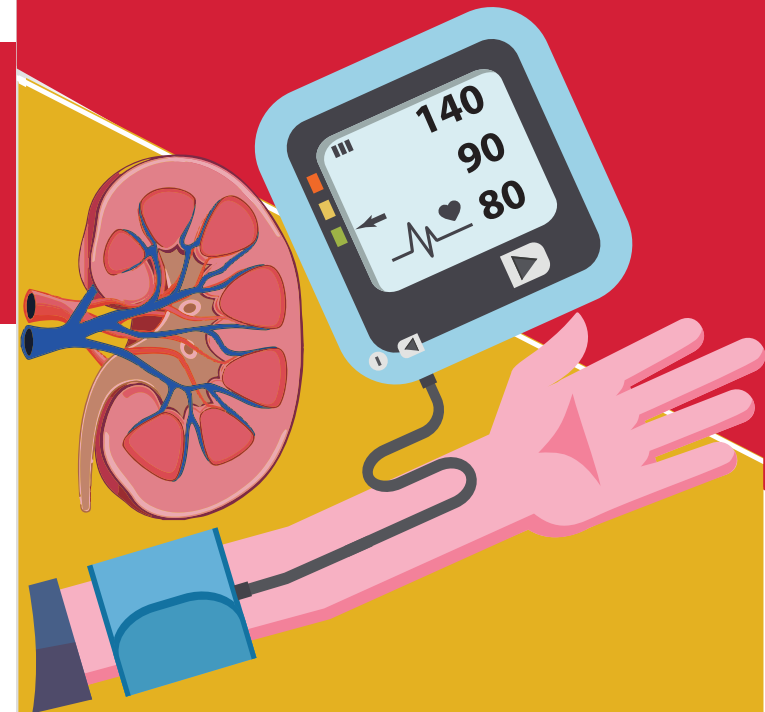
This is public service provided by the National Kidney Foundation of Malaysia in collaboration with UKM Medical Centre. All information is intended for educational purposes only. Please consult your doctor or dietitian for further information.



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HIGH BLOOD PRESSURE



INCREASES THE RISK OF KIDNEY DISEASE

WHAT IS HIGH BLOOD PRESSURE OR HYPERTENSION?

High blood pressure or hypertension is a condition when there is a persistent elevation in blood pressure:

≥140mmHg (systolic)
≥ 90mmHg (diastolic)

BLOOD PRESSURE PARAMETER FOR ADULT

Classification*	Systolic (mmHg)		Diastolic (mmHg)
Optimal	<120	and	<80
Normal	120 - 129	and/ or	80 - 84
At risk	130 - 139	and/ or	85 - 89

Hypertension			
Stage 1 (Light)	140 - 159	and/ or	90 - 99
Stage 2 (Moderate)	160 - 179	and/ or	100 - 109
Stage 3 (Severe)	≥180	and/ or	≥110
Isolated systolic hypertension	≥140	and	<90

*Source: Clinical Practical Guidelines-Management of Hypertension, 5th Edition (2018)

IT IS IMPORTANT TO CHECK BLOOD PRESSURE REGULARLY TO MAKE SURE YOUR BLOOD PRESSURE IS NORMAL OR OTHERWISE.

90% OF PEOPLE WITH HYPERTENSION DO NOT SHOW ANY SYMPTOMS WHILE 10% HAVE SYMPTOMS.

RISK FACTORS



SEDENTARY LIFESTYLE

AGE MORE THAN 35 YEARS OLD

SMOKING

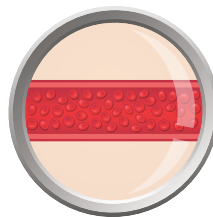
OBESITY

HIGH CHOLESTEROL LEVEL

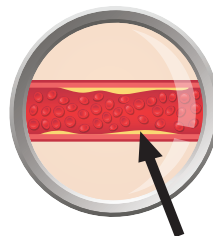
FAMILY HISTORY

EXCESSIVE ALCOHOL INTAKE

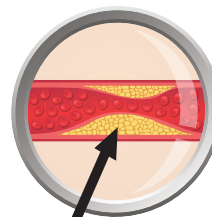
HIGH SALT INTAKE



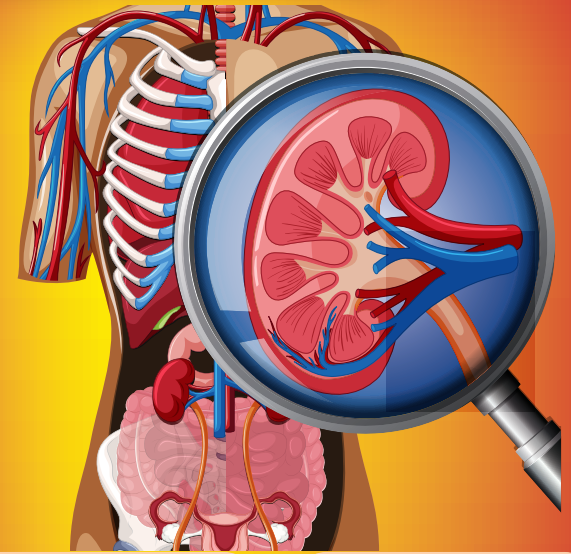
NORMAL ARTERY



NARROWED ARTERY WITH FATS (CHOLESTEROL)



COMPLICATIONS



**ATHEROSCLEROSIS
(HARDENING OF ARTERIES /
BLOOD VESSELS)**

**CORONARY
HEART DISEASE**

HEART FAILURE

STROKE

VISION IMPAIRMENT

KIDNEY DAMAGE

DEATH

HOW DOES HIGH BLOOD PRESSURE CAUSE KIDNEY DAMAGE?

The kidneys have small blood vessels called glomeruli which filter blood. When people have high blood pressure, the blood flow becomes faster. This condition then affects the blood vessels and causes kidney damage.

You may not have any symptoms even though high blood pressure is already affecting the kidneys. The best way to know is to undergo a kidney examination.