

Living with High Blood Pressure and Kidney Disease

By lowering high blood pressure, you can reduce the amount of damage to your kidneys, and help slow any progression of kidney disease. Visit your health care provider as scheduled and follow the tips below.



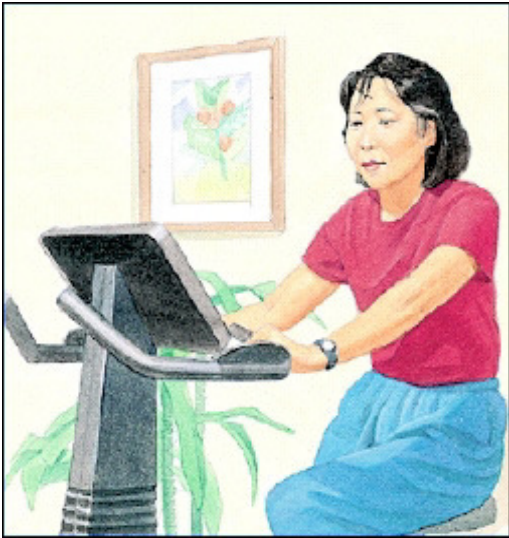
Eat Right

To control blood pressure and kidney disease:

- Limit sodium (salt) intake.
- Cook with spices and herbs instead of salt.
- Eat fresh foods instead of canned or processed ones.
- Eat less fat. Avoid fats that come from animal sources.
- Choose low-fat dairy foods.

You May Also Need To:

- Eat less protein.
- Drink less fluid.
- Eat foods that are low in phosphorus and potassium.



Stay Active

Regular activity helps reduce high blood pressure. For best results:

- Talk with your doctor before starting a fitness program. Your doctor may be able to suggest activities that will help you feel your best.
- Ask your doctor how often you should exercise and for how long.
- Try to exercise at the same time each day.