

The COV Connection

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What is Hypertension?



High blood pressure, also known as hypertension, is a silent disease. Most people with high blood pressure do not even know they have it since there are very few symptoms. Unfortunately, the vast majority will have high blood pressure for many years without knowing it.

A normal blood pressure should be less than 120/80 mm Hg. Higher blood pressure readings mean that that person's heart has to work harder to pump blood through the body. When the heart has to work harder

than normal, the heart muscle will abnormally grow in size. Prolonged and uncontrolled high blood pressure can eventually cause damage to the heart, kidney, and multiple small blood vessels in the body.



Hypertension (high blood pressure) is a major risk factor for heart attacks, heart failure, strokes, and kidney disease. Following a low salt, heart healthy diet and adhering to your physician's advice regarding medications are the first steps in lowering your risk factors for a heart attack, heart failure, stroke, and kidney disease.

For more information about high blood pressure, visit <http://www.americanheart.org/presenter.jhtml?identifier=2114>

World Kidney Day: March 12, 2009

World Kidney Day is a global effort recognized in one hundred countries on six different continents to help increase awareness of the impact of kidney disease worldwide. In cases of kidney disease, the damaged kidneys are unable to effectively eliminate waste products from the body. When renal (kidney) failure occurs, patients require dialysis or kidney transplants to survive.

According to the Centers for Disease Control, the number of Americans diagnosed with chronic kidney disease has

exponentially increased over the past decade. It is estimated that over 26 million adult Americans now live with chronic kidney disease. Out of this number, approximately 80%



have high blood pressure. These staggering numbers show why patients need to learn about their blood pressure and what they can do to stay healthy.

March 12, 2009 is recognized as World Kidney Day. For more information about kidney disease and hypertension, please visit the National Kidney Foundation's website at www.kidney.org.