

Doctors Direct Healthcare, Inc.

Taking Care of Your Heart

Blood Pressure and Kidney Connection

Having High Blood Pressure is serious business. Every day people walk around with high blood pressure, and either know it and don't treat it or don't know they have it and don't know to get it treated. Either way, the results are the same.



MYTH: "No one in my family has high blood pressure, so I am not worried about it"

FACT: Although it does run in families, being overweight, growing older, eating a diet high in fat or sodium, high stress level, or smoking puts you at high risk.

MYTH: My blood pressure is only high when I see the doctor. So I don't need to worry about it.

FACT: Perhaps, if your blood pressure is checked regularly at different places and at different times of the day and it is not high, then true white coat syndrome is not going to hurt you. But if you aren't doing these things to rule it out, how do you know its only high when you are at the doctors office? Maybe it is getting high in any stressful situations.

MYTH: I don't smoke, I just chew tobacco, so my blood pressure isn't affected.

FACT: Nicotine increases blood pressure. It isn't the act of smoking. It is the stimulant affect of the tobacco that raises blood pressure. Not to mention there are a myriad of chemicals in tobacco that have other affects on the blood pressure.

MYTH: You can tell when your blood pressure is high by how you feel.

FACT: High blood pressure has no symptoms. You may have heard of the occasional person with a headache when its high, but how high did it have to get before they started to feel a headache? How long was it high before the headache started? All of this is subjective, and you could be putting yourself at risk for a stroke or heart attack while waiting for a symptom to tell you to worry. Take charge of your blood pressure.

MYTH: Kidney disease is a relatively rare disorder.

FACT: More than 10% of people, or 20 million, have been diagnosed with Chronic Kidney Disease (CKD) More than 10% of people, or more than 20 million, age 20 years or older in the United States have CKD.

Special points of interest:

- Take your medication
- Keep your doctor appointments
- Get your flu shot
- Kidneys checked yearly
- Don't forget your yearly well visits
- Check your blood pressure at least quarterly
- Cholesterol panel checked twice a year

Questions?

Please call us at 1.877.503.0388 Ext. 1 ask for Debbie, Kim, Aileen, or Joy.

Please visit our website!

www.doctorsdirecthealthcare.net Click on the members log in, use your username and password and join our Spark Team.

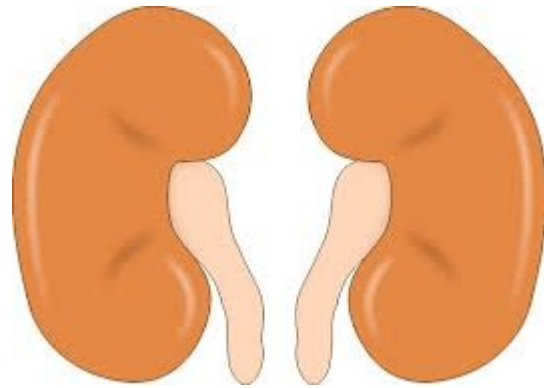


Health Consequences of Chronic Kidney Disease

Cardiovascular disease

Chronic Kidney Disease (CKD)

is an important risk factor for cardiovascular disease, including heart attacks, heart failure, heart rhythm disturbances, and strokes. Risk factors for cardiovascular disease that require careful attention in people with CKD include tobacco use, uncontrolled high blood pressure, elevated blood sugar, excessive weight, and elevated cholesterol.



Kidney failure

Kidney failure or ESRD occurs when the kidneys are no longer able to provide waste removal functions for the body. At this point, dialysis or kidney transplantation becomes necessary for survival.

About 110,000 patients in the United States started treatment for ESRD in 2007.

Leading causes of ESRD are diabetes and hypertension. In 2006, 7 out of 10 new cases of ESRD in the United States had diabetes or hypertension listed as the primary cause. Less common

causes include glomerulonephritis, hereditary kidney disease, and malignancies such as myeloma.

Incidence of ESRD is greater among adults older than 65 years.

African Americans were nearly four times more likely to develop ESRD than whites in 2007.

Hispanics have 1.5 times the rate of kidney failure compared to non-Hispanic whites.

ESRD due to hypertension has increased by 8% between 2000 and 2007.

PREVENTION IS KEY!

- Keep blood pressure under control
- Keep diabetes under control
- Have regular check-ups with your doctor
- Eat a low-fat, low-salt diet
- Exercise most days
- Avoid tobacco
- Drink alcohol only in moderation

Deaths

Premature death from both cardiovascular disease and from all causes is higher in adults with CKD compared to adults without CKD. In fact, individuals with CKD are 16 to 40 times more likely to die than to reach ESRD.

Other health consequences

The kidneys have many functional roles, including fluid and electrolyte balance, waste removal, acid-base balance, bone health, and stimulation of red blood cell production. CKD can be associated with fluid overload, sodium and potassium imbalances, bone and mineral disorders,

anemia, and reduced quality of life. Additionally, adults with CKD typically have other chronic diseases, such as diabetes, hypertension, and other cardiovascular diseases.