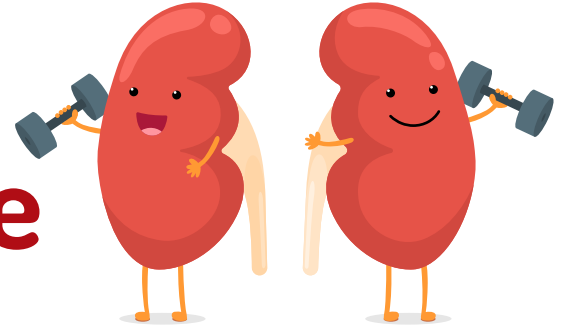




Ease the Pressure

HELP PROTECT YOUR KIDNEYS



Kidney disease is a serious condition that can lead to stroke, heart attack, kidney failure and death. High blood pressure is the second leading cause of kidney failure. The kidneys are made of tiny blood vessels that help filter waste and extra fluids from blood. When a person has high blood pressure, there is increased force when blood flows through these blood vessels. Over time, uncontrolled blood pressure increases the risk for chronic kidney disease causing the arteries around the kidneys to narrow, weaken or harden. When high blood pressure causes damaged arteries, adequate blood flow is not delivered to the kidney tissue.

Damaged kidneys fail to regulate blood pressure. The damage can take years to develop, arteries become blocked and stop functioning, and kidneys eventually fail.

Protecting the Kidneys

Managing your blood pressure can help keep your kidneys

healthy. To detect kidney damage your primary care provider will order a special test to look for traces of protein in the urine. Protein in the urine indicates that there is damage to the kidneys. As kidney damage gets worse over time, it increases the risk for a person to require dialysis treatment or result in a kidney transplant.

Tips for a Healthy Kidney

- Control your blood pressure below 120/80 mm Hg.
- Check your blood pressure regularly. If it's high get it under control to make sure your kidneys stay healthy.
- If taking blood pressure medication, take as prescribed.
- Get active; physical activity helps manage blood pressure.
- Reduce sodium intake by eating foods low in salt.
- Eat more fruits and veggies.
- If you smoke, quit. For help, contact the Nevada Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).

COMMUNITY RESOURCES

Struggling to Control your Blood Pressure?

The YMCA's FREE Healthy Heart Ambassador Program was created to help you manage your blood pressure and adopt heart healthy habits in just 16 weeks. Sign up today at the link below and also receive a free blood pressure monitor and YMCA membership.

 www.lasvegasyymca.org

COVID-19 Vaccinations

Beginning April 5, COVID-19 vaccines are available to all Nevadans ages 16 and older. Visit the link below or call the toll-free number to book an appointment at a vaccination clinic managed by the Southern Nevada Health District and its community partners.

 www.snhd.info/covid-vaccine

 1-800-401-0946 between 8 a.m. and 8 p.m. 7 days a week

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.