

**Mayo Clinic Minute: High blood pressure hurts the kidneys**

VIDEO	AUDIO
Jason	When you think of high blood pressure, you probably already know that it can cause cardiovascular diseases. But that's not all.
<b>10:36</b> <b>Dr. Porter</b>	"It also can lead to chronic kidney disease."
Jason	Mayo Clinic's Dr. Ivan Porter says high blood pressure can cause the kidneys' blood vessels to weaken and damage the kidneys.
<b>10:55</b> <b>Ivan Porter II, M.D.</b> <b>Nephrology</b> <b>Mayo Clinic</b>	"As chronic kidney disease develops, many people will develop hypertension, they seem to go hand in hand. Conversely, people with hypertension develop chronic kidney disease as well."
<b>11:10</b> <b>Dr. Porter</b>	"Control of high blood pressure is one of the most important things we can do when someone has chronic kidney disease."
Jason	And how you control it, mostly involves lifestyle changes.
<b>12:06</b> <b>Dr. Porter</b>	"The thing about high blood pressure is it responds to many of the things we do in our lifestyle: regular exercise, avoiding processed foods, reduction of our sodium intake, more fruits and vegetables in our regular diet."
<b>12:28</b> <b>Dr. Porter</b>	"Sometimes those lifestyle changes aren't enough. And these are the patients that need medications to help with blood pressure control. But we can make a huge impact with the decisions we make in our lifestyle to control blood pressure."
Jason	For the Mayo Clinic News Network, I'm Jason Howland.