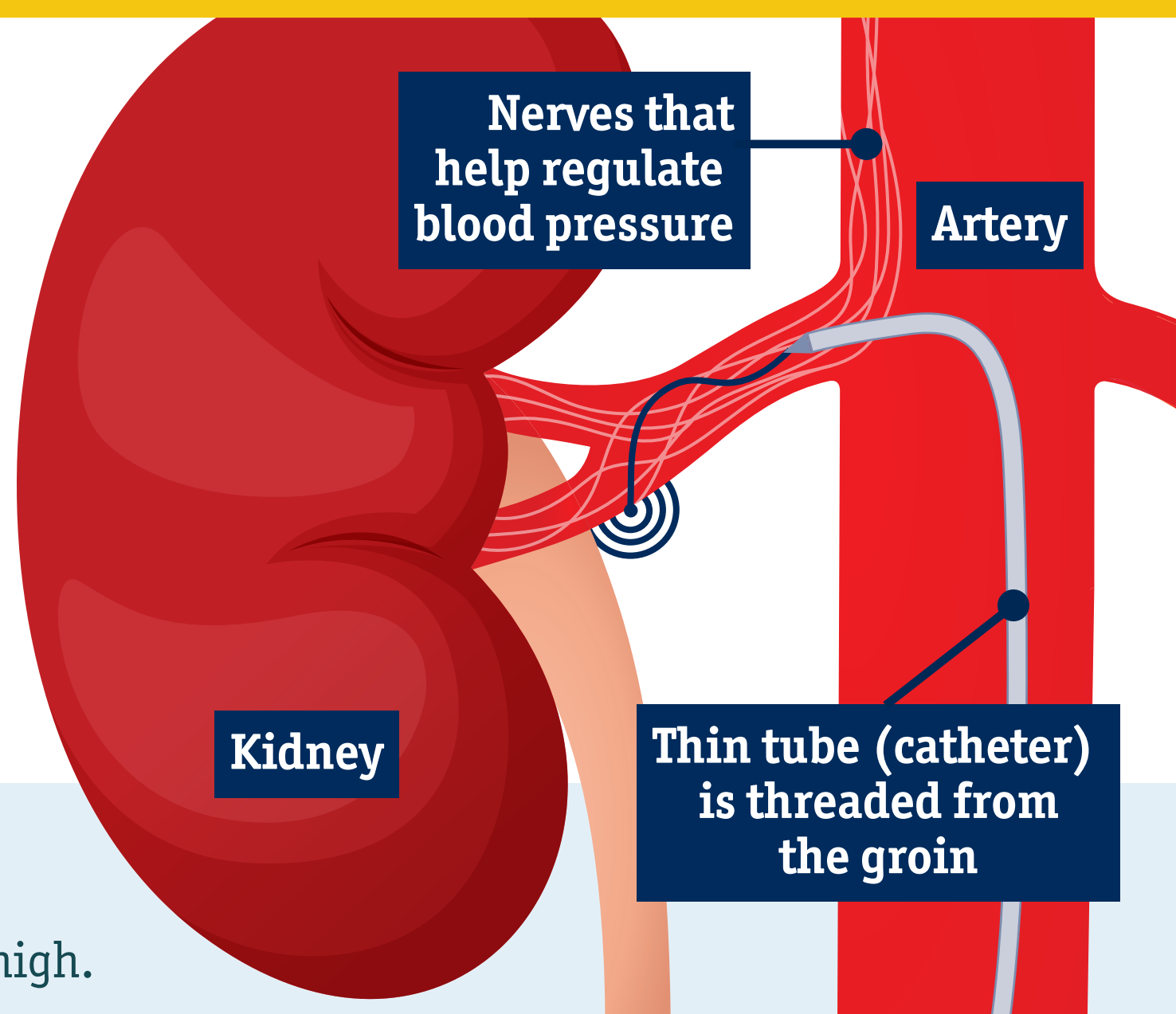


High Blood Pressure

Is Renal Denervation Right for You?

Renal denervation is a procedure to lower blood pressure when medications and lifestyle changes aren't enough.

- ▶ It can be at least as effective as a single blood pressure medicine (reducing blood pressure by 4 to 10 mmHg).
- ▶ It works by disrupting specific nerves on the outside of the kidneys' arteries. These can activate the body's "fight or flight" response and raise blood pressure.
- ▶ It's a one-time, outpatient procedure that takes about 1 hour.



Who might benefit?

If you take **several medicines** and your blood pressure is still high.

Start blood pressure treatment▶ Add others if it's still too high

Lifestyle, low-salt diet, exercise



Medicine



More medication



Renal denervation comes into play here

Other causes of high blood pressure must be ruled out first and the kidney arteries must be healthy.



For some, lifestyle and medications aren't enough. Renal denervation is in addition to lifestyle and medications.

Benefits, harms and things to consider

Talk with your care team about your treatment goals and ask questions so you know what to expect.

Possible added blood pressure lowering

↓ related heart risks, stroke, kidney disease

May be able to adjust medications

Benefits

Risks of bleeding, infection from the procedure

Rarely, slow heart rate or narrowing of the kidney arteries

Harms

- ✓ It's generally safe.
- ✓ It's **not a cure**. Lifestyle and medicines are still necessary.
- ✓ It may take weeks, even months to see an effect.
- ✓ It doesn't work for everyone - 1 in 4 won't see any benefit.
- ✓ Should be performed by an expert team.
- ✓ Can be done either with ultrasound or radiofrequency (heat) energy, which is decided by the doctor.

For more information, visit [CardioSmart.org/HighBP](https://www.cardiosmart.org/HighBP)
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