
How Long-Term Health Problems Are Related to Each Other



How do these long-term health problems affect each other?

High blood pressure (hypertension) causes kidney damage and a higher risk of heart disease. When you have high blood pressure, it damages blood vessels throughout your body which:

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Heart disease can lead to high blood pressure and kidney disease. When your heart struggles to pump enough blood for your body, it:

If I manage one long-term health problem, can it improve or prevent other related problems?

What can I do to manage these long-term health problems?