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Hypertension and Kidney Disease is Bad Collaboration in Indonesia

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Objectives: Indonesia is a country that has a record of high kidney disease. According to 2013 Riskesdas data, kidney disease sufferers have a prevalence of 0.2%, around 60% of them undergo dialysis therapy. BPJS (Social Security Organizing Agency) report, states that chronic kidney disease is the second largest catastrophic disease after heart disease which cost health costs of IDR 2.6 trillion in 2016. Based on 2016 Indonesian Renal Registry (IRR) data, causes of Chronic Kidney Disease the biggest one is hypertension (24%). Besides kidney disease suffered by all age groups, ranging from children, adolescents, adults and parents. According to the 2017 IRR, most kidney disease patients are dominated by ages 45 to 64 years, and those under 25 are 2.64%. This is certainly a bad impact if not handled properly because in addition to reducing life expectancy, this problem also limits the age of children and adolescents in achieving their dreams. To find the right solution, it is necessary to study the relationship of hypertension and kidney disease.

Methods: In this study the authors conducted a review of several articles, journals, and Indonesia health ministry report data.

Results: From a review of several literature, author found that more than half of people with chronic kidney disease suffer from hypertension, in other words that hypertension worsens chronic kidney disease. One source also explained that uncontrolled high blood pressure can cause the arteries around the kidneys to narrow, weaken or harden. So that the damaged arteries are not able to provide enough blood to the kidney tissue.

Conclusions: So to overcome complications that worsen kidney disease, kidney disease sufferers must follow the treatment plan carefully and keeping blood pressure under control, this can help prevent complications.