

## Hypertension

Hypertension may also be referred to as high blood pressure and is a possible side effect of medications used to treat kidney cancer including the tyrosine kinase inhibitors, cabozantinib (Cabometyx), sunitinib (Sutent), pazopanib (Votrient), axitinib (Inlyta), sorafenib (Nexavar); and the mTOR inhibitors temsirolimus (Torisel) and everolimus (Afinitor).

### Signs and Symptoms of High Blood Pressure

- Headache
- Dizziness
- Blurry vision

High blood pressure may not have any warning signs or symptoms, so it is important to have your blood pressure monitored.

### Diagnosis of High Blood Pressure

- **Diagnosis of high blood pressure requires a blood pressure measuring device, such as a manual blood pressure cuff and pressure gauge or an automatic blood pressure cuff and pressure gauge.**
- **The gauge measures the pressure in the blood vessels when the heart beats (systolic reading) and when it rests (diastolic reading).**
- **Blood pressure is usually considered to be high when the systolic (top number) is 140 mmHg or higher and the diastolic (bottom number) is 90 mmHg or higher.**

### Things you may do to prevent or minimize hypertension:

- Talk to your doctor and nurse about your personal and family history of high blood pressure, heart attack, and/or stroke
- Take your blood pressure every day, or as instructed by your doctor or nurse
- Take your prescribed blood pressure medicines as directed
- Engage in regular exercise
- Limit alcohol intake
- Quit Smoking
- Consider dietary changes or speak with a dietician
- Reduce your daily intake of salt (sodium)
  - DASH diet: **D**ietary **A**pproaches to **S**top **H**ypertension

[https://www.nhlbi.nih.gov/files/docs/public/heart/hbp\\_low.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf)

**When to call your oncologist or oncology nurse:**

- Monitor your blood pressure at home. Discuss with your healthcare provider what your normal blood pressure should be and when you should call regarding high blood pressure
- If you experience headaches, dizziness or blurred vision.

Discuss with your healthcare team if there may be other reasons for your hypertension or other treatment options that may help manage it.

You should rely primarily upon your doctor for medical information.

[www.kidneycancer.org](http://www.kidneycancer.org)