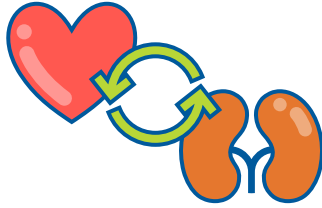


Know the connection between your **HEART** and **KIDNEYS**

Heart disease can cause kidney disease, and kidney disease can also cause heart disease.



Heart disease is the **#1 CAUSE** of death among people on dialysis.

The best way to prevent both heart disease and kidney disease is to prevent the problems that can lead to them.

High blood pressure is the **SECOND LEADING** cause of kidney failure.



1 IN 4 people with kidney failure have it because of high blood pressure.¹

Chronic kidney disease is the most common cause of congestive heart failure.

And, **1 IN 3** people with congestive heart failure also have **anemia**.²



Minerals building up in your blood from kidney disease **INCREASES THE RISK** of heart disease.



Here are ways to prevent both heart disease and kidney disease.

Control your blood pressure



High blood pressure happens when either your systolic or diastolic pressure is higher than 120/80 mm Hg (120 over 80).



You can monitor your blood pressure daily at home with a digital blood pressure monitor.



Eating less sodium and fat can help control your blood pressure.



Working with your doctor, medicines can also help keep your blood pressure under control.

Get tested for anemia



The only way to know if you have anemia is to get a blood test by your doctor.

Depending on the cause of your anemia, your doctor may recommend:



Medicines that send a signal to your body to make more red blood cells.



Iron supplements as pills or as a shot.



Red blood cell transfusion to temporarily improve your anemia symptoms.

Keep your minerals in check



Diet and exercise can help prevent high phosphorous and low calcium.



Working with your doctor, medicines, known as potassium binders, can treat high phosphorous.

1. <https://www.cdc.gov/kidneydisease/publications-resources/2019-national-facts>

2. <https://pubmed.ncbi.nlm.nih.gov/15593047/>