

Know The Connection Between Your **HEART** & **KIDNEYS**

Heart disease can cause kidney disease, and kidney disease can cause heart disease. Kidney failure is when your kidneys have stopped working well enough for you to survive without dialysis or a kidney transplant. Kidney failure is also called end-stage renal disease (ESRD) or end-stage kidney disease (ESKD).

Here's how heart problems impact kidney problems:

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



High blood pressure causes **1 out of 4** (25%) cases of kidney failure.¹

1 out of 3 (33%) people with congestive heart failure also have anemia (low red blood cells),² which can make kidney disease worse.

Here's how kidney problems impact heart problems:

Chronic kidney disease is the most common cause of congestive heart failure.¹



When your kidneys are not working well, minerals build up in your body, which can increase your risk (chance) of heart disease.

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

Here are some steps you can take:

Control your blood pressure



You have high blood pressure when your numbers are higher than 120/80 mm Hg (120 over 80).



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



Eat less sodium (salt) and fat to help control your blood pressure.



Work with your doctor to find medicines that help control your blood pressure.

Get tested for anemia



Anemia (low red blood cells) can cause heart disease and make kidney disease worse. 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 an injection (shot).



Red blood cell transfusion to temporarily improve your anemia symptoms.

Keep your minerals in check



Eat healthy and be active to help prevent high phosphorous and low calcium.



Talk to your doctor about potassium binders, which are a medicine to treat high phosphorous.

1. <https://www.cdc.gov/kidneydisease/publications-resources/2019-national-facts>
2. <https://pubmed.ncbi.nlm.nih.gov/15593047/>