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.