Fast Facts About CKM Syndrome

Cardiovascular-kidney-metabolic (CKM) syndrome is a newly recognized health condition that was first defined by the American Heart Association in 2023. As a Kidney Health Coach, you can help educate others about CKM syndrome and support community members at risk for or living with this condition.z

What is CKM syndrome?

CKM syndrome is a health condition caused by connections between:

- Cardiovascular (heart) disease
- Chronic kidney disease (CKD)
- Type 2 diabetes (a metabolic condition)
- Obesity (another metabolic condition)



Researchers have identified strong connections between these health conditions. People who have 1 of these conditions are more likely to develop 1 or more of the others.

CKM syndrome is a progressive condition, meaning it can get worse over time. There are 5 stages of CKM syndrome. People in the later stages may have serious complications like heart attack, stroke, or heart failure.



What impacts a person's CKM syndrome risk?

A person is more likely to have CKM syndrome if they have 1 or more of these health conditions:

- Heart disease
- CKD
- Type 2 diabetes
- Obesity

Other health conditions can impact a person's risk of progressing to the later stages of CKM syndrome. A person is more likely to progress through the stages — and experience serious complications — if they have any of these conditions:



- A chronic inflammatory condition, like lupus, rheumatoid arthritis, psoriasis, or HIV/AIDS
- A family history of kidney failure or type 2 diabetes
- A sleep disorder, like sleep apnea
- A mental health condition, like depression or anxiety
- Polycystic ovarian syndrome (PCOS)

Keep in mind that nonmedical factors can impact a person's risk, too. For example, people who have limited access to healthy foods or safe places to get physical activity may have a higher risk of progressing to later stages of CKM syndrome.

Can CKM syndrome be prevented or slowed?

Yes! The good news is that there are things people can do to lower their risk for CKM syndrome — or slow its progression if they already have it.

Here are habits to prevent or slow CKM syndrome that you can share with people in your community:

Eat healthy.

Eat plenty of veggies and fruit, whole grains, lean protein, healthy fats and limiting sodium (salt).

Stay active.

Get at least 150 minutes of physical activity each week.

Avoid tobacco.

Don't smoke, vape, chew tobacco, or use other tobacco products.

Limit alcohol.

Drink in moderation or not at all.

Get enough sleep.

Aim for 7 to 9 hours of sleep each night.



Follow your doctor's advice.



Work with your doctor to keep weight, cholesterol, blood pressure, and blood sugar in a healthy range and follow their advice for monitoring health — for example, by getting any tests the doctor recommends.

Get to know your numbers.



Ask your doctor about your numbers — like your blood pressure, A1c (which measures blood sugar), cholesterol level, and eGFR or uACR (2 measurements of kidney health) — and what they mean for your health.

How can I support members of my community?

As a Kidney Health Coach, you can help people in your community learn about CKM syndrome and support them in safeguarding their health. You can:

- Use Kidney Health Coach resources to host an education session on CKM syndrome or share CKM syndrome resources with people in your community
- Help people understand how they can prevent CKM syndrome or slow its progression
- Encourage community members to get regular health screenings and follow their doctor's advice for monitoring their health

Learn more

Learn more about CKM syndrome at **kidneyfund.org/all-about-kidneys/other-kidney-diseases/cardiovascular-kidney-metabolic-ckm-syndrome**.

Get presentation slides, handouts, and other resources to help you educate your community about CKM syndrome and kidney health at **kidneyfund.org/get-involved/become-kidney-health-coach/kidney-health-coach-portal**.