

Know HOW your kidneys

KEEP YOUR HEART HEALTHY



Your kidneys do more than filter wastes and extra fluid from your blood. They also



help keep bones healthy



help create red blood cells



help regulate blood pressure

HEALTHY KIDNEYS



Make a protein called erythropoietin (EPO) that tells your body to make red blood cells

Make a hormone called **renin** that helps control your blood pressure



Balance the phosphorus and calcium in your body, which is important for heart health

IF YOU HAVE CHRONIC KIDNEY DISEASE

Your kidneys can't make enough EPO, so you won't have enough red blood cells (anemia)



Your kidneys make too much renin. This causes your blood pressure to go up

The amount of phosphorus and calcium in your body becomes unbalanced



STEPS TO PREVENT HEART DISEASE

When your kidneys are not working well, it can lead to problems with other parts of your body. Some complications of chronic kidney disease (CKD) can cause heart disease.

1 Control high blood pressure

High blood pressure means your body works too hard to pump your blood. It can cause heart attack, heart failure and stroke, so it's important to control it!



2 Test for and treat anemia

If you have anemia, your heart and other organs can't get enough oxygen. Having anemia can cause a heart attack. If you have anemia, follow your doctor's recommendations for treatment.

3 Keep minerals in check

Having the wrong amount of calcium and phosphorus in your blood can cause heart disease.

For high phosphorus:

For low calcium:

