

What You Need to Know About Preventing and Managing CKM Syndrome

Facilitator's Guide for Kidney Health Coaches

How to Use This Guide

This guide contains suggested talking points for Kidney Health Coaches (KHCs) to use with the presentation *What You Need to Know About Preventing and Managing CKM Syndrome*.

Feel free to adapt the talking points to fit your natural presentation style or tailor them for your specific audience or community.

Slide-by-Slide Talking Points

Below, please see suggested talking points for each slide.

Please note that text in brackets indicates suggested actions.

Title slide: What You Need to Know About Preventing and Managing CKM Syndrome

- [Greet participants and introduce yourself and your role as a Kidney Health Coach. Consider sharing preferences for audience participation. For example, you could encourage attendees to ask questions throughout your presentation or ask them to hold questions until the end.]
- Thank you all for being here today. I'm going to spend about 20 minutes talking about an important topic — cardiovascular-kidney-metabolic syndrome, or CKM syndrome.
- First, we're going to talk about what CKM syndrome is. Then, I'm going to tell you about ways you can prevent it from developing. Finally, we'll talk about what you can do to stay as healthy as possible if you do develop CKM syndrome.
- Let's get started.

Slide 2: Sponsor recognition

- This presentation was made possible through the support of Bayer

Slide 3: What is CKM syndrome?

- First, let's start with the basics. What is CKM syndrome?

Slide 4: CKM syndrome

- You may be thinking, "I've never heard of CKM syndrome before." Well, that might be because CKM syndrome is a newly recognized health condition.
- CKM syndrome is caused by connections between:
 - Obesity
 - Type 2 diabetes
 - Chronic kidney disease – abbreviated as CKD
 - And Cardiovascular — or heart — disease
- The C in CKM syndrome stands for **cardiovascular** disease, the K stands for chronic **kidney** disease, and M stands for **metabolic**.
- Type 2 diabetes and obesity are **metabolic** conditions, or conditions related to metabolism. Metabolism describes all the processes that happen in the body to take food and water and turn them into energy for the body to use.

Slide 5: The conditions of CKM syndrome

- Now, let's take a closer look at each of those health conditions.
- Let's first take a look at obesity.
 - This is a long-term condition where a person has too much body fat. This extra body fat affects the body's ability to use insulin, oxygen, and the energy from food properly.
 - Doctors use a calculation called body mass index (or BMI) to help determine if a person has too much body fat. They may also measure around your waist.
- Next, there's type 2 diabetes.
 - Type 2 diabetes is a long-term condition that causes a person's blood sugar to be too high. In type 2 diabetes, the body doesn't make enough insulin or doesn't use insulin well.
 - Insulin is a hormone that helps move blood sugar into the body's cells to give them energy. When the body doesn't use insulin well, it's called insulin resistance.
- Then, there's chronic kidney disease, or CKD.
 - CKD is a long-term condition where the kidneys become damaged. Over time, they lose their ability to filter waste and fluid out of the blood.

- The last condition that's part of CKM syndrome is the heart — or cardiovascular — disease.
 - This is a broad category of diseases that affect the heart and blood vessels, which are called veins and arteries. The heart and blood vessels help move oxygen, which all cells need to function, through the body.
- CKM syndrome is caused by the connections between these health conditions. If you have 1 of these conditions, you're at a higher risk for developing 1 or more of the other conditions.

Slide 6: CKM syndrome stages

- CKM syndrome is what's known as a progressive health condition — that means that it has stages, and can get worse as it moves from stage to stage.
- There are 5 stages of CKM syndrome.
- Stage 0 actually means a person does **not** have CKM syndrome. But they could be at risk of developing it. The focus in this stage is prevention.
- Stage 1 means a person has one or both of the following conditions.
 - The first condition is excess or unhealthy body fat — especially around the belly. If fat cells grow too large, they can become unhealthy and cause problems with your metabolism and other important systems in your body. Fat stored around the belly is more likely to be unhealthy body fat.
 - And the second condition is a higher-than-normal blood sugar level. When your blood sugar is higher than normal but you haven't developed type 2 diabetes yet, it's called prediabetes or impaired glucose tolerance.
- Stage 2 means a person has CKD, metabolic risk factors, or both.
 - Metabolic risk factors include type 2 diabetes, high blood pressure, and high levels of triglycerides (a type of fat) in the blood.
- Stage 3 means a person has early signs of heart disease, along with any of the health problems from the previous stages.
 - When people first start to develop signs of heart disease, they don't usually have any symptoms. Your doctor can do tests to see how well your heart is working.
 - Stage 3 also includes people who have a high risk of developing heart disease and people with very high-risk CKD. Your doctor can tell you if these risks apply to you.
- Finally, Stage 4 means a person has clear signs of heart disease, along with any of the health problems from the previous stages.

- In Stage 4, signs of heart problems become more obvious. For example, a person in Stage 4 may have had a heart attack, abnormal heart rhythm, or stroke, or they may be diagnosed with heart failure or peripheral artery disease.
- Stage 4 is broken down into 2 substages.
 - Stage 4a means a person has had signs and symptoms of heart problems, but they have **not** been diagnosed with kidney failure. Kidney failure is when the kidneys don't work properly.
 - Stage 4b is the final stage. In addition to signs and symptoms of heart problems, people in stage 4b have also been diagnosed with kidney failure.
- Keep in mind that CKM syndrome can develop silently — that means there might not be obvious signs of a problem until a person is in the later stages of the disease.
- The important thing to remember about CKM syndrome stages is that the disease can worsen over time. But at each stage, there are steps a person can take to slow the disease down or prevent it from moving to the next stage.

Slide 7: Symptoms of CKM syndrome

- Next, let's talk about symptoms of CKM syndrome.
- Keep in mind that symptoms may vary depending on which stage of CKM syndrome a person is in.
- But in general, any of the symptoms of heart disease, CKD, type 2 diabetes, or obesity can also be symptoms of CKM syndrome.
- Some common symptoms that people with CKM syndrome may experience include:
 - Chest pain or shortness of breath
 - Passing out
 - Swelling in the legs, feet, hands, or ankles
 - Feeling tired
 - Brain fog, or when you have trouble thinking or concentrating
 - Needing to pee more than usual
 - And changes in appetite or thirst, like feeling hungry more or less often than usual or feeling thirstier than normal

Slide 8: Complications of CKM syndrome

- It's important to know that, unfortunately, CKM syndrome can cause serious complications, especially in the later stages.
- These complications may include:
 - Heart attack

- Stroke
- Heart failure
- Arrhythmia — which means having an abnormal heart rhythm
- And kidney failure

Slide 9: Take Steps to Prevent CKM Syndrome

- Now that you know what CKM syndrome is, let's talk about ways we can prevent it.

Slide 10: The good news is...

- So — although CKM syndrome can be serious, the good news is that it can be prevented!
- Following certain healthy habits can lower your risk of developing CKM syndrome.
- And what's more, these same habits can help to slow CKM syndrome's progress for people who already have it.

Slide 11: Healthy habits help prevent or slow CKM syndrome

- Here are some habits that you can adopt to help you prevent or slow CKM syndrome:
 - **Be mindful of your diet.** For example, eat plenty of fruits, vegetables, whole grains (such as oats or brown rice), lean protein (such as fish or beans), and healthy fats (like olive oil, avocados, or fatty fish).
 - **Limit how much salt you have.** Salt is also called sodium.
 - **Stay active.** Get at least 150 minutes of physical activity each week (such as walking, swimming, or doing yardwork).
 - **Get enough sleep.** Aim for 7 to 9 hours each night.
 - **Avoid tobacco.** Don't smoke, vape, chew tobacco, or use other tobacco products.
 - **Be careful about alcohol.** Drinking alcohol can have serious negative effects on your health. More and more research is suggesting that excess alcohol can be damaging to your health. If you choose to drink, talk with your doctor about how to limit your drinking to a moderate amount. Or better yet — don't drink at all.

Slide 12: Your doctor is your partner for staying healthy

- While healthy habits are an important part of preventing long-term health conditions like CKM syndrome, it's also important to see your doctor regularly and follow their advice.
- Think of your doctor as your partner in helping you protect your health and prevent health issues.

- For example, it's a good idea to:
 - **Work with your doctor to keep your weight, cholesterol, blood pressure, and blood sugar in a healthy range.** They can help you figure out what a healthy range is for you and give you advice for how to get in or stay in that range.
 - **Follow your doctor's advice for monitoring your health** — for example, by getting any tests your doctor recommends. Tests can help you and your doctor find signs of health problems — including CKM syndrome — early, when they're easier to treat.
 - **Get to know your numbers.** For example, when you get blood or other test results, look for key numbers including blood pressure, A1c (which measures blood sugar), cholesterol, and eGFR and uACR (which are 2 measurements of kidney health). Ask your doctor what these numbers mean for your CKM syndrome risk.

Slide 13: Protect Your Health if You Have CKM Syndrome

- We've talked about ways to prevent CKM syndrome. But what if you or a loved one already has CKM syndrome — or any of the health conditions that are part of CKM syndrome?
- There are steps you can take to help you manage CKM syndrome and stay as healthy as possible.

Slide 14: Managing CKM syndrome

- When we talk about “managing” a health condition like CKM syndrome, we're talking about getting medical treatment and taking other steps to improve your condition and stay as healthy as possible.
- Because CKM syndrome is a complex health condition, management can vary from person to person. What works well for 1 person might not work as well for someone else.
- Management may also look different depending on which stage of CKM syndrome you're in.
- Taking steps to manage or treat CKM syndrome can slow its progress and limit how much damage it does to the body.
- When it comes to management, follow your doctor's advice — they may recommend lifestyle changes, medicines, and other treatments or procedures.

Slide 15: Make lifestyle changes

- Early-stage CKM syndrome may be treated with lifestyle changes alone. But keep in mind that these healthy habits are important at **any** stage of the disease.

- You'll notice that these lifestyle changes are the same healthy habits that can help prevent CKM syndrome.
- Lifestyle changes include things like:
 - Eating lots of fruits, vegetables, whole grains, lean proteins, and healthy fats.
 - Limiting how much salt you have.
 - Getting at least 150 minutes of physical activity each week.
 - Aiming for 7 to 9 hours of sleep each night.
 - Quitting smoking, vaping, or chewing or using other tobacco products
 - Following your doctor's advice for how to limit alcohol — or stopping drinking altogether
 - And finally, following your doctor's guidance to lose weight or maintain a healthy weight. Losing weight can be overwhelming — it can help to set a series of smaller goals to help you get to your goal weight. For example, you might start by setting a goal of losing no more than 10% of your weight. For a person who weighs 200 pounds, losing 10% of their weight means losing 20 pounds. Then, you can set another goal — for example, trying to lose another 10%. Your doctor can help you decide what your goal weight should be and give you advice for reaching it.

Slide 16: Medicines to treat CKM syndrome

- There are now approved and recommended treatments including pills and injectables for people with CKM. This may include treatment with multiple medicines to effectively slow kidney disease and protect from cardiovascular (or heart) disease. The medicines each work in a different way to improve our health, which means taking them consistently as prescribed is necessary. They will:
 - Control blood pressure, cholesterol, and blood sugar
 - Help decrease appetite
 - Prevent or limit kidney damage
 - Prevent or limit cardiovascular (heart) damage
- These medicines can help with your symptoms and also slow the progress of CKM syndrome.

Slide 17: Other treatments for later stages of CKM syndrome

- People in the later stages of CKM syndrome may need additional treatments, like:
 - Weight loss surgery (also called bariatric surgery)
 - Procedures to place stents — small devices that help to hold blocked arteries open to help blood flow

- Procedures to treat arrhythmia (an abnormal heart rhythm)
- Heart surgery to try to improve how well the heart is working
- Kidney dialysis to help filter the blood when the kidneys aren't able to

Slide 18: Monitoring CKM syndrome

- If you've been diagnosed with CKM syndrome, your doctor will monitor your condition, or check to see if it's changing.
- Monitoring helps doctors know what stage of CKM syndrome you're in and what treatment you may need. It also helps doctors change your treatment plan as needed.
- Monitoring depends on CKM syndrome stage, but in general, doctors may:
 - Check blood pressure, cholesterol, blood sugar, and urine
 - Do other tests to check how well the kidneys and heart are working
 - And estimate your heart disease risk using a tool called the American Heart Association PREVENT calculator
- Depending on your condition, CKM stage, and overall health, monitoring might take place during your annual doctor's visits or more frequently — for example, every 3 to 6 months.

Slide 19: Coordinating care between specialists

- Another important aspect of CKM syndrome management is coordinating your care.
- People with CKM syndrome may need to see more than 1 doctor to help manage their care — for example, you might see your primary care doctor, plus other specialists, especially in later stages.
- Specialists involved in treating CKM syndrome may include:
 - A nephrologist (a doctor who specializes in the kidneys)
 - An endocrinologist (a doctor who specializes in metabolism and diabetes management)
 - And a cardiologist (a doctor who specializes in the heart)

Slide 20: Recap

- We've learned a lot today — about what CKM syndrome is, how we can prevent it, and how to manage the condition to protect your health!
- Let's take a few moments to review some key takeaways that I hope you'll remember after today.

Slide 21: Key takeaways

- First, CKM syndrome can be serious. Building habits like eating healthy and getting regular physical activity can help you prevent it.
- And if you have CKM syndrome, the same healthy habits can help you slow its progress.
- Last but not least — remember that your doctor is an important partner in helping you protect your health. Work closely with them to prevent, monitor, and or manage CKM syndrome.

Slide 22: Questions?

- Thanks so much for your attention during my presentation. Are there any questions you'd like me to answer — or any slides you'd like me to show again?

Slide 23: Learn more about CKM syndrome

- If you'd like to learn more about CKM syndrome, I've included some links to webpages with more information on the screen.
- [Optional] I'd also be happy to email you a copy of this presentation, if you'd like.
- [Take this opportunity to share other resources — like handouts — with community members, if you have them.]

Slide 24: Want to talk? Get in touch!

- If you have more questions about CKM syndrome or other parts of kidney health, I'd love to talk!
- [Consider describing other ways you can help community members — for example, talking with them in more detail about healthy habits to prevent CKM syndrome.]
- Please see my name and contact information on the screen, and feel free to get in touch.

Slide 25: Thank you!

- Thank you so much for joining me to talk about CKM syndrome today!