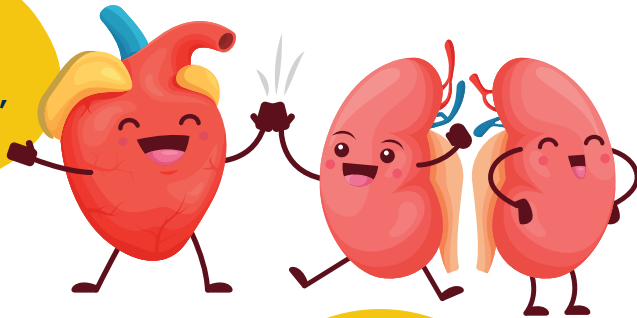


Your Kidneys and Your Heart

Your kidneys and heart work together as a team to keep you healthy.

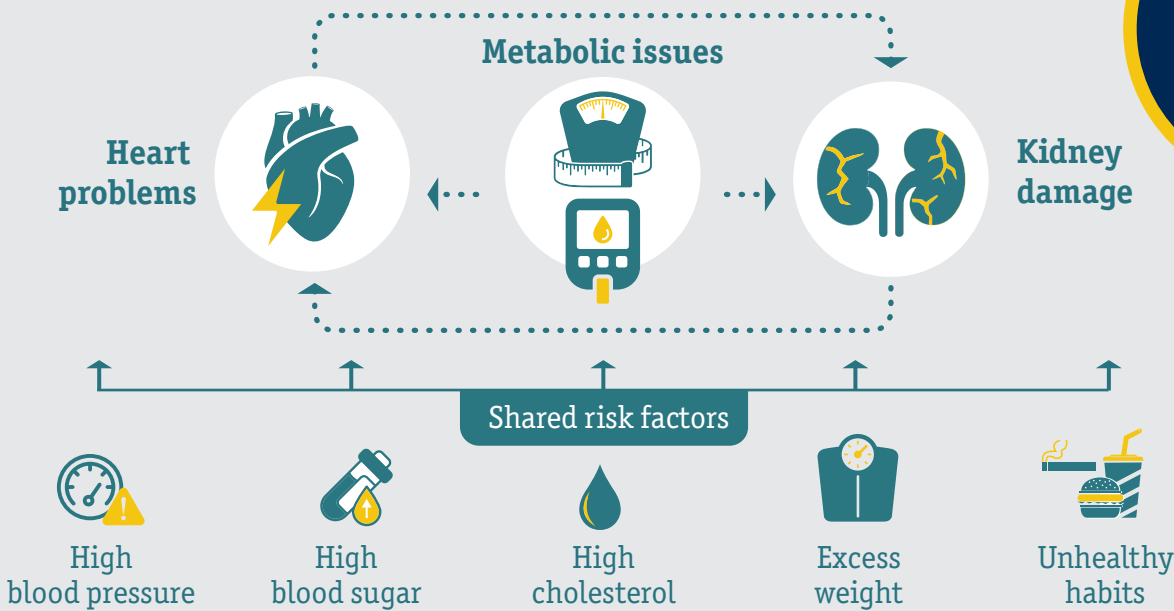
- ▶ **Your heart**
Pumps oxygen-rich blood to the body
- ▶ **Your kidneys**
Filter blood, removing waste and extra fluid

A healthy heart = healthy kidneys, and vice versa!



But when one isn't working well, it affects the other too.

Cardiovascular-kidney-metabolic (CKM) syndrome is a new term to describe how the **heart, kidneys, blood sugar, and weight** are all connected.



Heart disease is the **#1** cause of death for people with kidney disease.

Most people with kidney damage also have heart disease.


Knowing your kidney health can help your heart health too.

Keeping tabs on your heart and kidneys

Simple tests can help detect problems early and inform care to lower your risk of kidney damage and heart disease.

- Common heart checks** + **Kidney tests** (shows early signs of heart issues)
- ✓ Blood pressure
 - ✓ Blood lipids (fats), including cholesterol
 - ✓ Blood sugar (diabetes)
 - ✓ Body mass index, waist circumference

 Glomerular filtration rate (GFR) blood test

 Urine albumin-to-creatinine ratio (UACR) test looks for protein in the urine

For more information, visit [CardioSmart.org/Kidneys](https://www.cardiosmart.org/kidneys)

@ACCinTouch #CardioSmart

