Your kidneys and heart have a close working relationship. If either organ suffers, so does the other.

If you have chronic kidney disease (CKD), you should know that you are in one of the highest risk groups for cardiovascular events, such as a heart attack.

As your glomerular filtration rate (GFR) declines, your risk for kidney failure and cardiovascular disease increases.

**February is Heart Health Month**, and we encourage you to take a look at your lifestyle. Sometimes, people with kidney disease develop heart disease before they enter End Stage Renal Disease (ESRD). Early testing and intervention are the keys to managing your health. Take action to lessen the risk factors for heart and kidney disease.

The top risk factors include:

- Smoking
- Diabetes or pre-diabetes
- Obesity
- Physical inactivity
- Family history of either disease

It is important for you to take care of your overall health. Try setting a goal for this month to work on not just your kidney health, but your heart health too. Join the conversation and share your #HeartMonth stories with @DCI_Dialysis on Twitter or on our Facebook page throughout February.