



Dialysis Clinic, Inc.

A Non-Profit Corporation

kidney disease + heart disease

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.

Did you know?

If you have kidney disease, you are at an increased risk for heart disease, and vice versa.

High blood pressure is a leading cause of both kidney disease and heart disease.

Taking a community health class has been shown to reduce heart disease risk among patients with diabetes.

Proper exercise and nutrition may have benefits that medications do not.

Exercising for 30 minutes per day has been shown to reduce the risk of hypertension, obesity and diabetes. This not only benefits your kidneys, but your heart too.

#heartmonth

