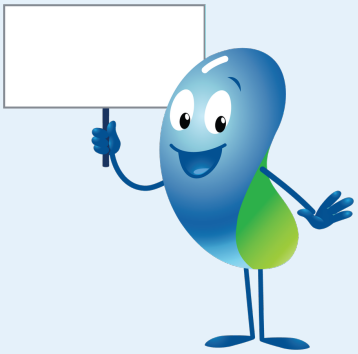
THE KIDNEY EXPERTS

Your heart and your kidneys



They work as a team.

Your heart pumps blood all through your body, and that includes your kidneys. Your kidneys clean that blood. They take out waste and extra water.

When one has a problem, the other can, too.

Kidney disease can raise your chance of heart disease. And heart disease can raise your chance of kidney disease.

Shared causes

Two big ones are diabetes and high blood pressure. High blood pressure makes your heart work harder. And it can hurt the small blood vessels in your kidneys.

You may not feel sick at first.

So keep up with your visits and your checks.

Steps that help both:

- Being active
- Quitting, if you smoke

Medicines

Some medicines can help protect your kidneys and your heart. Ask us which ones fit you. Don't start or stop a medicine without asking us.

Ask us:

- What is my risk for heart disease?
- What can I do to lower it?

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.