

Know your numbers

Know your Blood Pressure target.

This is usually less than 140/90, but for some people is less than 130/80 (ask your doctor).

If you have Diabetes make sure you know your target blood sugar range and your HbA1c (this is a test that gives the average blood sugar over the previous 2-3 months). You should also know your GFR (glomerular filtration rate) which measures how well your kidneys works.

If you have Chronic Kidney Disease or Heart Disease you should know your weight and monitor it as increasing weight could be caused by your body retaining fluid.



HEART DISEASE DESCRIBES A RANGE OF CONDITIONS THAT AFFECT THE HEART. HEART DISEASES INCLUDE:

- Blood vessel disease, such as Coronary Artery Disease
- Irregular heartbeats (arrhythmias)
- Heart problems you're born with (congenital heart defects)
- Disease of the heart muscle
- Heart Valve Disease
- Heart failure – which is where the heart's pump function does not work as well as needed

When to visit your Doctor?

Go to your doctor at least once a year for a check-up. Make sure you attend specialist appointments scheduled for you and if you have heart disease or kidney disease make sure to ask your doctor if you have been checked for Diabetes and if your blood pressure is normal.

KNOW YOUR MEDICATION

Make sure you know your own medications. If you are on medication, ask your doctor if you need a Sick Day Rules plan (stopping or changing some, or all, of your medications when you are unwell e.g. with vomiting or diarrhoea). Always bring your medications to any appointments (or have a photo or list on your phone).

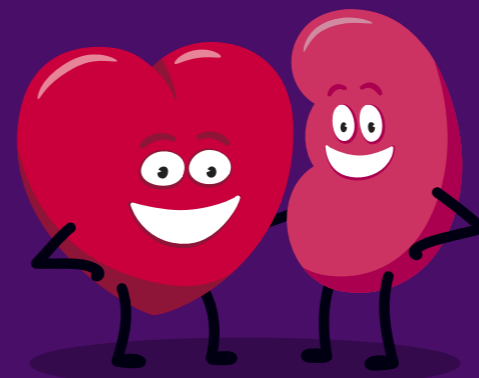


You should get seen urgently if you:

- Experience chest pain
- Are having chest pain that comes on when you walk or exert yourself
- Are getting more breathless than usual
- Are starting to get swelling on your legs

To find out more visit:

ika.ie/kidneyhealth



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Kidney health & Heart health go hand in hand

How are Kidney health and Heart health related?

The heart pumps blood filled with oxygen through all parts of your body, including the kidneys. The kidneys control blood pressure and clean the blood (by removing waste). Without the kidneys, your blood would have too much waste and water putting pressure on your heart to pump extra fluid around your body. Without the heart, your kidneys would not have the oxygen-filled blood needed to do its many important jobs.

A TWO WAY RELATIONSHIP



Diabetes and High Blood Pressure (also known as Hypertension) are leading causes of Chronic Kidney Disease **and** leading causes of Heart Disease. However, even without High Blood Pressure or Diabetes, having Chronic Kidney Disease on its own puts you at higher risk of developing heart problems, and if you have Heart Disease, from any cause, you are more likely to develop kidney problems than people without heart disease.

Anaemia in Chronic Kidney Disease is very common. Anaemia reduces the blood's ability to carry oxygen meaning that the heart must work extra hard to get the required amount of oxygen to the cells and organs for them to function properly. This extra work can lead to damage to the heart.

How can you reduce your risk of kidney and heart diseases?



Be physically active



Enjoy a healthy lifestyle



Engage with your own healthcare

CHRONIC KIDNEY DISEASE (CKD) OCCURS WHEN A DISEASE OR CONDITION HARMS HOW YOUR KIDNEYS WORK OVER A PERIOD OF TIME.

'The Hidden Disease'

1 in 8 people have Chronic Kidney Disease (CKD). It is measured in five stages with stage five being described as 'End Stage Kidney Disease'. It is frequently called a hidden disease as it often does not cause symptoms until late in the disease and so can go undiagnosed.

Although only 1 in 1,000 people will reach stage five, (requiring dialysis or a kidney transplant), **it is important to understand that if you have CKD you are at risk of getting Heart Disease.** As your CKD worsens, your risk of heart problems increases. Your risk of heart problems is even higher if you are on dialysis.

Even if you have a kidney transplant your risk of developing heart disease is still higher than somebody with no kidney disease.

50% OF PEOPLE WITH ADVANCED (STAGES 4 AND 5) CHRONIC KIDNEY DISEASE ARE LIKELY TO HAVE HEART DISEASE.

50% OF PEOPLE WITH HEART FAILURE ARE LIKELY TO HAVE CHRONIC KIDNEY DISEASE.

