



Take Care of Your Heart

Heart disease is common among kidney patients, but there are many things you can do to keep your heart healthy.

WHAT IS HEART DISEASE?

Heart disease means there are problems with the heart and blood vessels. Heart disease can include:

- Coronary artery disease (CAD)
- A blood clot that blocks the flow of blood to your heart
- Heart attack
- Problems with your heart's muscle, valves, or heartbeat



WHAT CAN YOU DO TO MAINTAIN A HEALTHY HEART?

Follow these 10 heart-healthy habits to help lower your risk of heart disease.

- Eat kidney-friendly foods that are low in salt and fat
- Take your medicines
- Stop smoking
- Be active
- Keep calcium and phosphorus in balance
- Maintain a healthy weight
- Treat anemia
- Reduce stress
- Control high blood pressure
- Control blood sugar if you have diabetes