

Are You On Track for a Healthy Heart and Healthy Kidneys Partnership?

TAKE THIS QUESTIONNAIRE TO FIND OUT

STEP 1: Symptom and Risk Checklist

Your heart and kidneys work together to keep your body healthy. Fill out this checklist to find out your symptoms and risks that could lead to damage to your heart and kidneys.



How Do You Currently Feel?

Check off if you have any of the following symptoms:

- ☐ Shortness of breath when active or lying down (do you find yourself often sleeping on pillows or in a chair?)
- ☐ Feeling more tired or weak than normal
- ☐ Swelling in your ankles, legs, feet or abdomen (Does your belt not fit)
- ☐ Rapid weight gain or loss (2 or more pounds in one day)
- ☐ Frequent need to use the bathroom at night
- ☐ Heartbeat that is fast or not beating regularly
- ☐ A cough or wheeze that won't go away, or coughing up blood
- ☐ Nausea or lack of appetite
- ☐ Not able to exercise or be active as much as before
- ☐ Chest pain

What are your risks for chronic kidney disease or heart failure?

- ☐ Diabetes, high blood sugar
- ☐ Smoking (vaping or cigarettes)
- ☐ Black, African American, Hispanic, Latin American, American Indian, or Native American
- ☐ Protein in your pee:
 - ☐ Found on lab test
 - ☐ Pee that seems foamy, bubbly or bloody
- ☐ Heart condition such as:
 - ☐ Coronary artery disease
 - ☐ Heart attack
 - ☐ Irregular heartbeat (Atrial Fibrillation)
 - ☐ Heart valve condition
 - ☐ Inherited heart conditions or family history (Hypertrophic Cardiomyopathy)
- ☐ High blood pressure
- ☐ Unhealthy weight
- ☐ Chemotherapy or Radiation (current or past)
- ☐ Heavy alcohol or drug use
- ☐ Age over 60
- ☐ Family history of chronic kidney disease
- ☐ History of kidney injury, polycystic kidney disease

STEP 2: ABCDE's of Heart Failure and Kidney Disease

It is important to keep your kidneys and heart as healthy as possible to avoid disease such as chronic kidney disease (CKD) and heart failure (HF).

CKD is long-term damage to your kidney's ability to filter waste. CKD is associated with a lower quality of life, shorter length of life, and increased risk for heart problems such as HF. HF is when your heart is unable to work as well as it should. HF can cause fluid to build up in your body, especially in the legs and lungs, and can make you feel weak, tired, and short of breath.

Fill out the below to know your numbers. *Your Heart and Kidneys are Counting on You!*

A1c-Diabetes

Do you have diabetes (A1c 6.5% and up) or prediabetes (A1c 5.7-6.4%)?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Do you know your A1c number?

- ☐ Yes (please list): _____
- ☐ No
- ☐ I'm not sure

Do you know your A1c goal?

- ☐ Yes (please list): _____
- ☐ No
- ☐ I'm not sure

Blood Pressure

Do you have high blood pressure (hypertension)?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Do you know your usual blood pressure?

- ☐ Yes (please list): _____
- ☐ No
- ☐ I'm not sure

Do you know your blood pressure goal? (Normal is less than 120/80)?

- ☐ Yes (please list): _____
- ☐ No
- ☐ I'm not sure

ABCDE's of Heart Failure and Kidney Disease (cont).

Cholesterol

Do you know your cholesterol number?

- ☐ Yes (please list): _____
☐ No
☐ I'm not sure

Do you know your goal?

- ☐ Yes (please list): _____
☐ No
☐ I'm not sure

Drugs

Do you take drugs like Ibuprofen (Advil®) or Naproxen (Aleve®) regularly?

- ☐ Yes (please list which ones): _____
☐ No
☐ I'm not sure

Do you regularly take medicine for blood pressure, cholesterol, CKD and/or diabetes as prescribed?

- ☐ Yes (please list which ones): _____
☐ No

Education and Lifestyle

Are you at a healthy weight?

- ☐ Yes
☐ No
☐ I'm not sure

How many hours on average do you sleep a night?: _____

Which vaccinations do you currently have?

- ☐ Flu (influenza)
☐ Covid
☐ Pneumonia (Pneumovax®)
☐ Shingles

What types of physical activities do you do each week, and for how long?

How many servings of fruits and vegetables do you eat in a day?

- ☐ Fruits: _____
☐ Vegetables: _____

How often do you eat processed, prepackaged, or fast food?

- ☐ Once a day ☐ Every once in a while
☐ Once a week ☐ Never

STEP 3: Provider Screening

This section to be completed by a health care provider.

Age: _____

BMI: _____

Height: _____

Weight: _____

A1c reading: _____

Blood Pressure reading: _____

Cholesterol reading: _____

Regular testing that may occur in the clinical setting include:

- ☐ CKD
- Urine albumin-to-creatinine ratio (uACR)
 - Blood Tests: estimated glomerular filtration rate (eGFR) and serum creatinine
- ☐ HF
- Blood Tests including eGFR, serum creatinine, electrolytes, thyroid function, and B-type natriuretic peptide (BNP)
 - ECG
 - Chest X-ray

Additional tests that need to be administered by a specialist (as needed):

- ☐ Echocardiogram (ultrasound)
☐ Cardiac MRI scan
☐ Cardiac catheterization



Focus on Putting it All Together:

Heart & Kidneys – Partners for Health

Your heart and kidneys work together to keep your body healthy. Your heart sends oxygen to the body through your blood, and your kidneys get rid of waste and extra water in the blood. Your kidneys also regulate blood pressure.



Kidneys

What is good for your kidneys is good for your heart. And a healthy heart means healthy kidneys.

Think of your kidneys as a coffee filter. When you make coffee, the filter keeps the coffee grounds inside, but allows water to pass through. Your kidneys do something similar. They keep the things you need inside your body but filter out things you don't need.

The only way to know for sure if you have kidney disease is to get tested. If you're at risk for kidney disease due to **high blood pressure, diabetes, a family history of kidney failure or if you're older than age 60**, it's important to get tested annually for kidney disease. Be sure to tell your healthcare provider about any symptoms you are having.

Simple blood and urine tests can show you and your healthcare provider how well your kidneys are working, and if any next steps are needed. Treatments are available that can slow the progression of CKD.



Heart

Heart failure doesn't mean that your heart stops beating. It means that your heart is having a hard time pumping enough oxygen rich blood to meet the demands of the body including the kidneys. Over time, as a damaged heart becomes weaker and less effective, symptoms of heart failure develop.

Think of your heart muscle as a rubber band. To work well, it must stretch out and snap back to move blood along to nourish the body. If the heart muscle gets weak and stretched out or if the muscle gets thick and stiff, the kidneys and other organs will suffer.

Heart failure is a long-term and chronic condition, but most people can live a normal life. With the right medical treatment and healthy habits, you can prevent changes to your heart and preserve your healthy "rubber band".



Key Take Away Messages

HF and CKD are connected. When your heart is not functioning well, blood flow to your kidneys is decreased. Blood pressure also goes up, causing your heart to pump even harder, which can damage your heart over time.

Knowing which risk factors you have that might weaken your heart and kidneys can help you stay healthier, and lower the chances of damage to your heart and kidneys.

Additionally:

- Kidney disease, heart disease, diabetes, and hypertension are all very common, manageable, and treatable.
- Lifestyle (diet, exercise, tobacco use) is the biggest risk factor, and is very treatable.
- Prevention is key. Be aware of your body and what it is telling you.
- Self-Monitor. Remember high blood pressure, elevated blood sugar, and kidney disease are usually silent, but can still be deadly.
- Regular visits with your primary care provider are important. Together you will develop a plan to manage your condition.

Steps for Staying Healthy:

While you cannot control all your risk factors, you and your healthcare providers will work together to keep your heart and kidneys as healthy as possible, and to keep your symptoms from getting worse.

Focus on Putting it All Together:

Heart & Kidneys – Partners for Health



My Action Plan

Take small steps to improve your health, and ask your healthcare provider to help you achieve your goal. Use the below tool to focus on one area at a time.

I will:

Eat a healthy diet by:

Be active most every day by:

Aim for a healthy weight by:

Stop smoking by:

Take prescribed medicines:

- ☐ Blood pressure: _____
- ☐ Cholesterol: _____
- ☐ Diabetes: _____
- ☐ CKD: _____

Make a follow up appointment with my healthcare provider.

- ☐ The name of my healthcare provider is: _____
- ☐ If I don't have a healthcare provider. I will take steps to access a provider.

Discuss my symptoms with my provider (and bring these screening results with me).

- ☐ The top things I need to discuss are: _____

Discuss vaccines with my provider.

- ☐ Flu
- ☐ Covid
- ☐ Pneumonia
- ☐ Shingles

Treat any heart and kidney conditions:

- ☐ Get blood and urine tests for kidney disease.
- ☐ Get tests to measure my heart health and function.

PCNA Resources to Help:



pcna.net/patient-handouts

- ☐ Cholesterol
- ☐ Blood Pressure
- ☐ Diabetes
- ☐ Heart Failure