

CKD



Living well with
Chronic Kidney Disease

CKD and Heart Health

How CKD affects the heart

CKD increases the risk of heart disease, heart attacks and strokes. Damaged kidneys can cause high blood pressure and damage blood vessels.

What this means for you

People with CKD are more likely to develop Atherosclerotic Cardiovascular Disease (ASCVD). Managing kidney and heart disease together gives the best protection.



Simple steps you can take

- Keep blood pressure below target
- Take prescribed medicines regularly
- Avoid smoking
- Eat a balanced diet

