

# Heart Healthy Living



Heart disease is the leading cause of death in the United States.

It is very common in people with kidney disease, but there are things you can do to keep your heart and blood vessels healthy. Healthy lifestyles can decrease your chance of heart attack, stroke, and death.

## Signs and Symptoms:

- ♥ Shortness of breath
- ♥ Difficulty breathing when lying down
- ♥ Weight gain
- ♥ Swelling in the feet, legs, ankles or stomach
- ♥ Feeling tired or weak

## What Steps Can I Take?

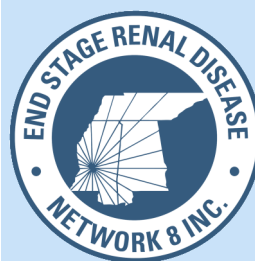
- ♥ Don't smoke
- ♥ Ask about your labs
- ♥ Eat healthy, low fat, low cholesterol food choices
- ♥ Avoid salty foods or adding salt to your food
- ♥ Exercise
- ♥ Maintain a healthy weight
- ♥ Watch your fluid gains between treatments

## Why am I at Risk for Heart Disease?

If you are on dialysis, you may also have one or more of the following comorbidities:

- ♥ Diabetes
- ♥ High blood pressure
- ♥ Anemia
- ♥ High cholesterol
- ♥ Poor balance of calcium and phosphorus
- ♥ Elevated potassium

Information obtained from the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention  
<http://www.cdc.gov/dhdsp>



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