

CHRONIC KIDNEY DISEASE AND CARDIOVASCULAR DISEASE

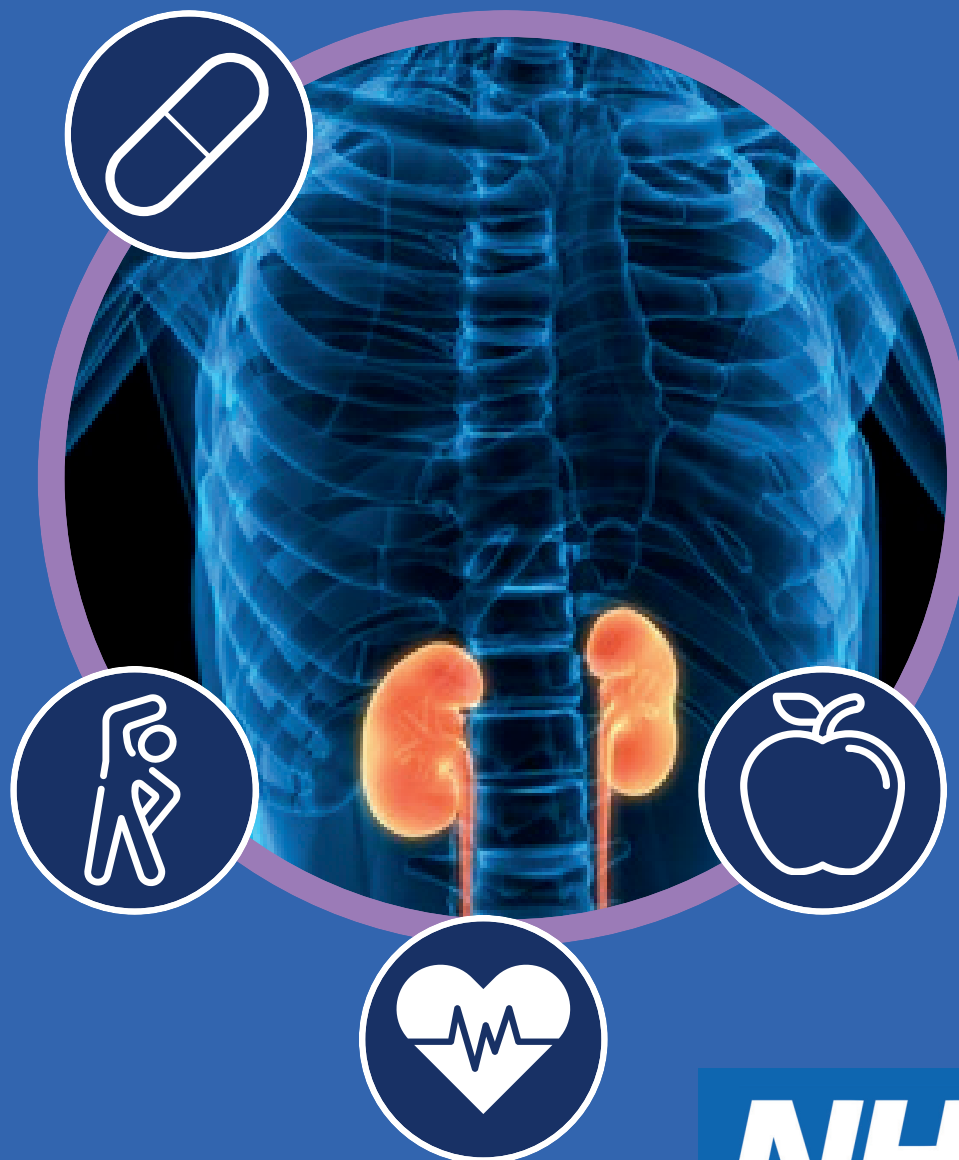
The heart's job is to send a continuous supply of oxygenated blood around the body. The kidney filters this blood, extracting waste products in the form of urine and they also help to regulate the water and salt content in your body

WHAT IS CARDIOVASCULAR DISEASE?

 The general name for conditions that affect your heart or circulation. This can lead to heart attacks, strokes and angina

 Risk factors for cardiovascular disease (CVD) include: high blood pressure, high cholesterol, smoking, drinking alcohol, being overweight, age, diabetes and chronic kidney disease

 Treating CVD depends on the condition and can include lifestyle changes, medications and surgery



WHAT IS CHOLESTEROL?

Cholesterol is a type of fat that is found in foods and is made in our livers. You may have heard of 'good cholesterol' and 'bad cholesterol'.

'Good cholesterol' is made up of HDL-cholesterol (high-density lipoprotein cholesterol)

'Bad cholesterol' is made up of triglycerides and LDL cholesterol (low-density lipoprotein cholesterol). Together these are called the non-HDL cholesterol.

LDL cholesterol + HDL cholesterol + triglycerides = total cholesterol

Ideally, we want to have low non-HDL cholesterol, and slightly higher HDL cholesterol in our bodies and a low total cholesterol level.

WHY IS THIS RELEVANT?

Chronic Kidney Disease (CKD) puts you at higher risk of heart disease, other factors will also increase this risk as mentioned previously. So, we want to try and reduce this risk.

To reduce your cardiovascular risk we advise to work on lifestyle changes e.g. stopping smoking, increasing exercise and eating a balanced diet.

We also recommend starting preventative medication, one of these being statins. As per NHS guidelines, statins are recommended for most people with Chronic Kidney Disease.



SCAN ME FOR MORE INFORMATION ON KIDNEYS AND CARDIOVASCULAR DISEASE

WHAT ARE STATINS?

Statins are medications that have been historically used to reduce cholesterol levels. They have also been shown to reduce the risk of cardiovascular disease, even in those without high cholesterol and are now recommended for most people with CKD and/or diabetes.

How do statins work?

- Reduce LDL cholesterol by slowing down its production in the liver
- Increase liver's ability to get rid of LDL cholesterol
- Slow the build up of plaque and hardening of blood vessels
- Reduces inflammation in your blood vessels throughout your body
- Improves blood flow
- Reduces risk of blood clots in your heart and brain
- Protects against damage to other cells in your body (antioxidant effect)

How do I take them?

Statins are normally taken once a day however the strength may be adjusted depending on cholesterol levels. Once you start on statin tablets we would check your liver function and cholesterol levels 6-8 weeks later.

Are there side effects?

Statins are mostly well tolerated, however some people do experience nausea for the first few weeks of taking them. Muscle/joint pain is also a noted side effect, most of the time these will go away on their own, however if the pain is severe or it doesn't stop, please speak to your GP or pharmacist.

[HTTPS://KIDNEYCAREUK.ORG/](https://kidneycareuk.org/)



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