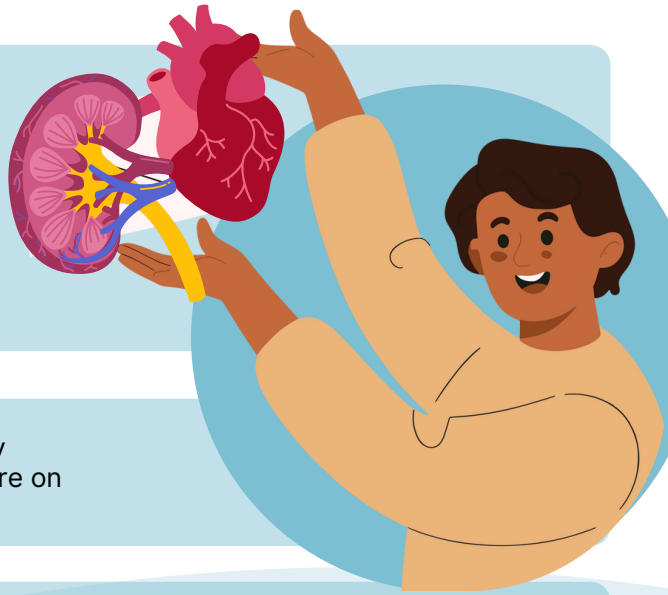
Kidney Function & Heart

WHO



- **Everyone** — especially those with **diabetes, high blood pressure, or family history** of kidney or heart disease.
- **Long-term medication users** that can affect the kidneys (some painkillers and blood pressure medicines).
- Have **high cholesterol or autoimmune conditions (like lupus).**

WHAT

The **kidneys filter waste and excess fluid** from the blood. If they become damaged, toxins and fluid build up, putting extra pressure on the heart and blood vessels.

WHY

Kidney disease **doubles the risk of heart disease and early death.** Most people with kidney disease don't die from kidney failure — they die from heart attacks, strokes, or heart failure linked to poor kidney function.

WHEN

If you have **diabetes, high blood pressure, or a family history of kidney problems,** Start testing in:

Early 20s

If results are borderline or if you already have kidney or heart concerns, recheck every:

6 months

Ask your doctor for both tests:

- **Blood test (eGFR):** to check kidney filtering.
- **Urine test (protein or albumin):** to detect early kidney damage.

PREVENTION (Lifestyle Medicine)



- Keep **blood pressure and blood sugar controlled.**
- Maintain a **healthy weight.**
- Drink enough water every day to **stay hydrated.**
- Limit **salty, fried, and processed foods.**
- **Avoid smoking and limit alcohol.**
- Avoid overusing **painkillers (NSAIDs) like ibuprofen or naproxen.**
- **Sleep well and manage stress**, both of which impact blood pressure and kidney health.
- Be **active daily** — even walking or dancing helps improve circulation.

Tip

eGFR = kidney "grade." The higher your score, the better your kidneys filter.

NUMBERS (How to Read Them)

eGFR

Kidney filter score.

90+	60-89	<60 (3months)	<15
Normal	*Mild Decrease*	*Kidney disease*	*Kidney Failure*

Urinary Protein

If present, kidneys are leaking — this is an early warning sign.

For more information & resources, visit Black Heart University (BHU)
— *powered by the* ***Black Heart Association***

BLACK HEART ASSOCIATION