

Class 3 – Kidney Heart Brain Limb connection

1. Definition of cardiovascular system and disease
2. Risk of CVD in CKD
 - a. Atherosclerosis
 - b. Medial calcific sclerosis
3. Rates of CVD based on eGFR
4. Mortality from CVD and stages of CKD through ESRD
5. Tests that indicate CKD = CVD risk
6. CV Health measures rarely met by Americans

You are the only one to prioritize CV health
7. Traditional risk factors – actionable, what you can do better control these risks
 - a. HTN
 - b. LDL, HDL
 - c. Diabetes
 - d. Smoking
 - e. Physical inactivity
 - f. Left ventricular hypertrophy
8. Possible CV risk factors in CKD – actionable, what you can do that may better control risks
 - a. Excess urine protein
 - b. Anemia – risks of condition AND risks of treatment options
 - c. Calcium and phosphorus metabolism
 - d. Salt and water excess
 - e. Malnutrition
 - f. Inflammation

