

Pre-class questionnaire

Class #3 - Kidney, Heart and Brain Connection

- 1) CKD patients are at risk for cholesterol deposits inside blood vessels as well as phosphorus and calcium deposits in the walls of blood vessels.
- 2) The risk for suffering from a heart attack, heart failure, dangerous heart rhythm, stroke or peripheral artery disease (PAD) in CKD patients is very high.
- 3) With CKD, the following will affect my risk for cardiovascular disease:
 - a. Blood pressure control
 - b. Blood sugar control (if diabetic)
 - c. Smoking
 - d. Physical inactivity
 - e. Left ventricular hypertrophy
- 4) With CKD, these factors in food and drink may affect my risk for cardiovascular disease and even premature death:
 - a. Phosphorus
 - b. Sodium
 - c. Trans fat and saturated fat
 - d. Protein malnutrition
 - e. Drinking 8 glasses of water a day
- 5) Steps to prevent inflammation and associated cardiovascular risk in CKD include:
 - a. Wait until I feel symptoms of kidney failure to have dialysis access surgery
 - b. If willing to consider dialysis, plan for dialysis access surgery when kidney function near 20% to avoid hemodialysis catheter in bloodstream
 - c. Vaccinations for influenza yearly
 - d. Pneumonia vaccine PPSV for all with CKD (both PPSV and PCV 13 if my GFR is less than 30)
 - e. Daily flossing, brushing and see my dentist every year