

A Patient's Journey Through Chronic Kidney Disease and Cardiovascular Disease

NAVIGATING YOUR DIAGNOSIS WITH CONFIDENCE

Being diagnosed with chronic kidney disease (CKD) or cardiovascular disease (CVD) can be overwhelming. Here is a roadmap to help you gain the knowledge and confidence you need to adjust to your new diagnosis.

SYMPTOMS

1

CKD

- ♥ LOSS OF APETITE
- ♥ CHANGES IN URINATION - URINATING MORE OR LESS THAN USUAL
- ♥ DECREASED MENTAL SHARPNESS OR CONCENTRATION
- ♥ SLEEP PROBLEMS
- ♥ DRY, ITCHY SKIN
- ♥ MUSCLE CRAMPS

CVD

- ♥ DIZZINESS AND FEELING LIGHTEADED
- ♥ COUGHING
- ♥ WHEEZING
- ♥ SUDDEN WEIGHT CHANGES
- ♥ NAUSEA
- ♥ HEART PALPITATIONS OR ARRHYTHMIAS

SHARED SYMPTOMS



FATIGUE OR WEAKNESS



CHEST PAIN OR DISCOMFORT



SHORTNESS OF BREATH
either during physical activity or when lying down



SWELLING OF THE FEET AND ANKLES

Some symptoms need urgent attention. If you experience severe shortness of breath or persistent/recurrent chest pain, **call your local emergency number.**

DIAGNOSIS

2

Your healthcare provider may already have reviewed your medical history and conducted a physical exam to assess your health. You may also undergo several diagnostic tests, including:

CKD

- ♥ BLOOD TESTS
- ♥ URINE TESTS
- ♥ ULTRASOUND IMAGING
- ♥ KIDNEY BIOPSY

- ♥ MAGNETIC RESONANCE IMAGING (MRI) OR A COMPUTERIZED TOMOGRAPHY (CT) SCAN

CVD

- ♥ BLOOD PRESSURE CHECK
- ♥ LISTENING TO THE HEART
- ♥ BLOOD TESTS

- ♥ ELECTROCARDIOGRAM (EKG OR ECG)
- ♥ ECHOCARDIOGRAM (ECHO)
- ♥ STRESS TEST

EDUCATION

3

To gain a better understanding of CKD and CVD and make informed decisions about your treatment, learn more about:



TYPES OF CVD



CAUSES OF CVD AND CKD



SYMPTOMS



STAGES OF CKD



PROGRESSION OVER TIME

TREATMENT

4

Various therapies can help treat the underlying causes and symptoms of CKD and CVD:



LIFESTYLE CHANGES



MEDICATION



DEVICES FOR CVD



DIALYSIS



KIDNEY/HEART TRANSPLANT

LIVING WITH CKD AND CVD

5

Although CKD and CVD may not be reversible, you can take steps to improve your quality of life and prevent complications:



FOLLOW YOUR TREATMENT PLAN



ADJUST YOUR PHYSICAL ACTIVITY LEVEL



ADAPT YOUR DIET



MAKE ADDITIONAL LIFESTYLE CHANGES



DO NOT IGNORE YOUR SYMPTOMS



Mended Hearts
Europe

SUPPORTED BY



Boehringer
Ingelheim

WWW.MENDEDHEARTSEUROPE.ORG

[✉ MHEUROPE@MENDEDHEARTS.ORG](mailto:MHEUROPE@MENDEDHEARTS.ORG)

[f](#) [@](#) [X](#) [in](#)

Mended Hearts®, HeartGuide®, and the Heart-shaped logos are registered trademarks of The Mended Hearts, Inc. Used with permission. © 2025 Mended Hearts Europe. All Rights Reserved.