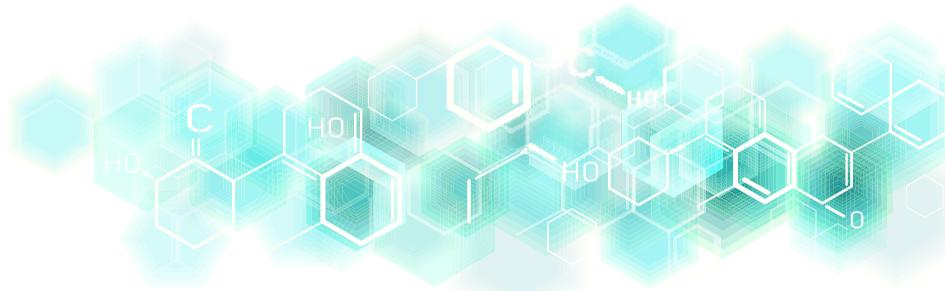




National  
Kidney  
Foundation®

## CHOLESTEROL AND KIDNEY DISEASE

### WHAT YOU NEED TO KNOW



#### WHAT IS CHOLESTEROL?

- Cholesterol is a type of fat (lipid) found in your blood and other parts of the body. Your body needs small amounts of cholesterol to work normally. Your body can make cholesterol, or get it from certain foods.
- There are different kinds of cholesterol:
  - LDL cholesterol: Known as the “bad” cholesterol. Too much of it can cause harmful buildup and blockage in your arteries (a type a blood vessel) and causes heart and blood vessel disease.
  - HDL cholesterol: Known as “good” cholesterol. It helps prevent cholesterol from building up in your arteries.
  - Triglyceride: Another type of fat or lipid. Too much of it can also increase your risk for heart and blood vessel disease.
- A blood test called a complete lipid profile is used to test cholesterol levels. A lipid profile measures for total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

#### WHAT IS CKD?

- Chronic kidney disease (CKD) is a loss of kidney function that happens gradually, and which has been present for 3 or more months. In CKD, the kidneys become less able to perform many vital functions, including removing wastes from the body, balancing the body’s fluids, regulating blood pressure, producing red blood cells, and maintaining healthy bones.
- Urine and blood tests can check for signs of CKD. Albumin-to-creatinine ratio (ACR) is a urine test that checks for high protein in the urine, which is a sign of kidney damage. Glomerular filtration rate (GFR) is a blood test that checks how well the kidneys are filtering. If needed, a kidney biopsy can help confirm CKD.
- As the blood filtering units of your body, your kidneys are susceptible to conditions that affect blood flow and blood vessels. Heart and blood vessel disease are common in CKD. High cholesterol is also common.
- Having both CKD and high cholesterol can increase your risk of heart and blood vessel disease.

#### HOW ARE THEY TREATED?

- The first steps to manage high cholesterol are usually more physical activity and a modified diet low in saturated fats and cholesterol.
- Medications can also be used to help control cholesterol if diet and exercise are not enough. Your healthcare provider will decide if you need cholesterol medicine and which type of medicine to use based on your condition and overall health.
- Medicines that might be considered include statins, fibric acid derivatives, ezetimibe, niacin, bile acid sequestrants, and newer types of medicines called PCSK9 inhibitors.
- CKD is linked with not only high cholesterol, but also high blood pressure and high blood sugar (diabetes), all of which can increase the risk of heart disease. These conditions are managed with more physical activity, a modified diet, and medications. If kidney disease progresses, it can eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.



## HOW CAN I REDUCE MY RISK?

- Lower your intake of sugars, starches, and saturated fat. Eat healthier foods. Choose high quality sources of protein in this order: fish, beans, nuts, egg whites, nonfat-dairy, lean chicken, pork, and beef, and complement these with fresh fruits and vegetables. Reduce or completely avoid: sugars, starches, and most importantly saturated fat (fats from red meats, cheese, ice-cream, pizza, fast foods, and fried food). A dietitian can help you make healthier food changes to your diet.
- Be more physically active, get regular exercise, and maintain a healthy weight.
- Manage blood pressure. Control your intake of salt.
- Avoid overuse of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, which can harm kidneys.
- Avoid herbal supplements. Many herbal products can harm the kidneys.
- Avoid smoking. Smoking increases the chance of heart disease and stroke.
- Do not miss any medical appointments. As soon as you have any problems, let your healthcare provider know.

## CHOLESTEROL AND CKD TRACKER

Date of Exam				
Total Cholesterol				
LDL Cholesterol				
HDL Cholesterol				
Triglyceride				
GFR				
ACR				
Fasting blood sugar				
Hemoglobin A1C (glycohemoglobin)				
Blood Pressure				
Weight				
Medications and dosages				



National  
Kidney  
Foundation®

30 East 33rd Street  
New York, NY 10016  
[kidney.org](http://kidney.org)

Supported by a grant from Pfizer through a joint initiative of the International Atherosclerosis Society (IAS) and Pfizer Inc.

