Epub free The kidney in heart failure (2023)

your heart and kidneys are two important organs in your body they work together to keep you healthy when one is affected the other is too your heart can affect the health of your kidneys and your kidneys can affect the health of your heart if the heart is failing it can lead to impaired blood flow and cause kidney damage when the heart is failing it no longer pumps efficiently and blood builds up in the heart a vicious cycle the kidneys bean shaped organs about the size of a fist sit just below your rib cage on either side of your spine they play an essential role in regulating blood pressure by controlling fluid and sodium levels in the circulation congestive heart failure chf a condition that reflects a weakened heart muscle and reduced circulation can lead to kidney disease and other serious health complications heart disease and kidney disease share many of the same risk factors including high blood pressure and high blood sugar levels here s what you can do to reduce your risk of both heart disease is the most common cause of death among people who have kidney disease however learning about kidney disease and heart disease can help you find ways to stay healthy if you have kidney disease you are more likely to get heart disease people with kidney disease have an increased risk of heart disease heart failure can also weaken kidney function learn more here heart and kidney are closely related in the clinical syndrome of heart failure hf it is now sufficiently clear that renal dysfunction occurs frequently in all phenotypes of hf and when present it is associated with higher mortality and morbidity patients who have heart failure or who suffer a heart attack can develop kidney problems either acute kidney injury or chronic kidney disease when a person develops both heart and kidney problems the condition sometimes is referred to as cardiorenal syndrome since your heart and kidneys rely on one another to keep you healthy heart failure is often associated with kidney disease your heart s job is to pump blood throughout your body keeping every cell and organ alive and functioning as your blood travels through your body it picks up waste this is where your kidneys come into play your heart and kidneys work together to keep you healthy if one of them has a problem it can affect the other your heart sends oxygen rich blood to the kidneys allowing them to do their jobs clean the blood help control blood pressure maintain mineral balance when your heart is not functioning well it can damage the kidneys a recent article in jacc discusses inflammatory mediators activated by acute hf and acute kidney injury that can cause both kidney and cardiac injury 1 chronic kidney disease ckd stimulates release of a fibroblast growth factor fgf 23 that causes myocardial hypertrophy the heart and kidney are essential for cardiovascular cv homeostasis cardiac activity provides blood and oxygen to all the organs of the body whereas the kidney plays a key role in the maintenance of fluid electrolyte and acid base equilibrium in hemoglobin synthesis as well as in the clearance of metabolic waste products chronic kidney disease also called chronic kidney failure involves a gradual loss of kidney function your kidneys filter wastes and excess fluids from your blood which are then removed in your urine chronic kidney disease may lead to heart issues including a change in heart rhythm called heart palpitations treating both conditions can improve a person s overall

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