

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



Heart Failure

COMPLICATED BY CARDIORENAL SYNDROME

Heart Failure

Heart failure is a syndrome in which the heart is not able to pump enough blood to meet the needs of the body. There are many causes and types of heart failure.

What Is Unique About Heart Failure Complicated by Cardiorenal Syndrome?

Cardiorenal syndrome is defined as a state in which treatment to relieve heart failure symptoms is limited by poor kidney function. The heart and kidneys are closely tied to each other; when one is not working correctly, it affects the other.

People with poor kidney function can go on to develop heart failure and persons with heart failure can progress to kidney failure. Our kidneys work to remove fluid and wastes from the body, serving as the body's filter. When they do not work properly, fluid collects and wastes build up in the body. Almost 8 million Americans have poor kidney function.

What Causes Cardiorenal Syndrome?

- Older age
- Other conditions like diabetes and high blood pressure
- Medications common for heart failure like diuretics, ACE inhibitors or ARBs.
- Poor heart pumping (low ejection fraction)
- Prior heart attack
- Chronic kidney disease



FOR ALL PERSONS WITH HF, REMEMBER THE FOLLOWING:

- Weigh yourself daily.
- Limit your salt and alcohol.
- Review all medicines with your health care provider (including over-the-counter, vitamins, or herbs). Some medicines can make your heart failure worse, so avoid:
 - › Nonsteroidal anti-inflammatory drugs (NSAIDs);
 - › Calcium channel blockers (unless prescribed by your HF physician).
- Try and exercise each day.
- Take your medicines as prescribed.
- Keep all of your visits with your health care providers.
- Report all new or worse symptoms of heart failure right away to _____

FOR HF DUE COMPLICATED BY CARDIORENAL SYNDROME, THE FOLLOWING TIPS MAY BE IMPORTANT:

- The goal of treatment is to preserve kidney and heart function, while reducing symptoms of heart failure.
- Know your kidney function levels (Creatinine).
- You may need to follow a renal diet. A renal diet limits fluids, protein, salt, potassium, and phosphorous.
- Your provider may order these treatments:
 - › **Diuretic therapy:** You may receive both IV and oral tablets to decrease fluid.
 - › **Vasodilator therapy:** These medicines relax the veins.
 - › **Ultrafiltration or Dialysis:** Mechanical way to remove fluid (ultrafiltration) or wastes from the blood (hemodialysis).
 - › **Vasopressin Antagonists:** These medicines prevent water retention, but can increase serum sodium levels.