

Balancing your cholesterol levels

Cholesterol is a fat-like substance found in your blood. Your body can make cholesterol on its own or get it from meat and other animal food products. It's important to keep your levels balanced to protect your heart, especially if you have chronic kidney disease (CKD).



Understanding cholesterol

At normal levels, cholesterol helps your body function properly. If you have too much, it can build up in your blood vessels. When this buildup occurs in your heart, it's called coronary heart disease and can lead to a heart attack.



Knowing your levels

If you have CKD, you are at higher risk for atherosclerotic cardiovascular disease (ASCVD), which includes conditions like coronary artery disease, stroke, and peripheral vascular disease. It's recommended to have regular labs to check your cholesterol as high cholesterol increases the risk of ASCVD. If your cholesterol is high, there are steps you can take to lower it.



We are here to help

Your care team can help answer your questions about cholesterol. Reach out for any support you need.



Tips to lower your cholesterol

Increase your physical activity level

The American Heart Association recommends at least 150 minutes of moderate intensity exercise each week. Start small and increase your minutes. Whether it's walking, yoga, or an online fitness class, every bit of movement helps.

Maintain a healthy weight

Your care team can help you determine your ideal weight. Losing weight if needed can help lower your cholesterol.

Choose kidney-friendly foods

What you eat plays a big role in your cholesterol levels—and your kidney health too. Talk to your care team about what to add or take away from your current nutrition plan.

Talk to your care team about medication options

There are medications that can help lower cholesterol levels in your blood to keep your blood vessels healthy. According to experts, most patients with CKD or diabetes should be taking these medications to lower their risk of cardiovascular disease.

Quit smoking

If you smoke, stopping is crucial to improving your cholesterol levels. Quitting isn't easy, but it will make a big difference. Talk to your care team for tips and support.