



Patient

# EDUCATION TOPIC

## HEART HEALTH

Heart disease is the leading cause of death for men and women in the United States. Heart disease is the most common cause of death in those with kidney disease. Having high blood pressure, diabetes, being overweight, and smoking tobacco all increase your risk for heart disease. Making healthy choices can help lower your risk.

### THINGS YOU CAN DO RIGHT NOW

- **Get physically active.**
  - [www.kidney.org/atoz/content/stayfit](http://www.kidney.org/atoz/content/stayfit)
- **Take medicine prescribed by your doctor.**
  - [choosingdialysis.org/CommonDialysisTypes/YourCareTeam.aspx](http://choosingdialysis.org/CommonDialysisTypes/YourCareTeam.aspx)
- **Quit smoking.**
  - [Smokefree.gov](http://Smokefree.gov)
- **Eat a healthy diet.**
  - [aakp.org/kidney-friendly-recipes/](http://aakp.org/kidney-friendly-recipes/)

Get more tips for preventing heart disease. [www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm)

Get more information about controlling diabetes when you have renal disease.  
[www.thediabetescouncil.com/diabetes-and-renal-failure-everything-you-need-to-know/](http://www.thediabetescouncil.com/diabetes-and-renal-failure-everything-you-need-to-know/)

Take advantage of the “Welcome to Medicare” physical. This is a preventive visit that is covered by Medicare Part B. For more information visit [www.medicare.gov/coverage/welcome-to-medicare-preventive-visit](http://www.medicare.gov/coverage/welcome-to-medicare-preventive-visit).

### GRIEVANCES

If you are a patient dialyzing in NJ, PR or USVI and wish to file a grievance, please contact Quality Insights Renal Network 3 at 1-888-877-8400, [qirn3@nw3.esrd.net](mailto:qirn3@nw3.esrd.net), 109 S. Main Street, Suite 21, Cranbury, NJ 08512, or [www.qirn3.org](http://www.qirn3.org).

If you are a patient dialyzing in PA or DE and wish to file a grievance, please contact Quality Insights Renal Network 4 at 1-800-548-9205, [qirn4@nw4.esrd.net](mailto:qirn4@nw4.esrd.net), 610 Freedom Business Center Drive, Suite 102, King of Prussia, PA 19406, or [www.qirn4.org](http://www.qirn4.org).

If you are a patient dialyzing in VA, WV, MD, or DC and wish to file a grievance, please contact Quality Insights Renal Network 5 at 1-866-651-6272, [qirn5@nw5.esrd.net](mailto:qirn5@nw5.esrd.net), 300 Arboretum Place, Suite 310, Richmond, Virginia 23236, or [www.qirn5.org](http://www.qirn5.org).