



American Heart Association®

Cardiovascular-Kidney-Metabolic
Health Initiative™

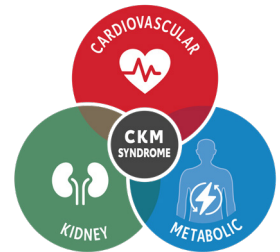
Managing Daily Life with Cardiovascular-Kidney-Metabolic Syndrome (CKM Syndrome)

Finding ways to make daily life feel more manageable

Living with CKM Syndrome may mean managing more than one condition at the same time.

Each part of your care can come with its own appointments, medications, and questions. Over time, this can start to feel like a lot to keep track of.

You don't have to do everything perfectly. Small steps, simple routines, and steady support can help bring more ease and structure to your day.



Keep Information in One Place



Having a simple system can help things feel more organized and easier to manage.

You might try:

- Keeping one notebook or app for health notes
- Writing down your current conditions
- Keeping a [list of medications](#) with doses and times
- Be sure you know what each medication is used for
- Note which medications you should not take together or with certain foods
- Using a medication organizer
- Using a simple calendar for appointments and reminders



Keeping everything in one place can help lower stress and make it easier to find what you need.

Prepare for Appointments



A little preparation can help you feel more confident going into visits.

Before your appointment:

- Have recent health numbers ready (blood pressure, blood sugar, lipids (cholesterol/triglycerides), weight)
- Consider bringing someone who can support you
- Prepare a full medication list (including supplements, vitamins, minerals)
- Prepare a list of past treatments, surgeries, hospitalizations, or medical events with dates
- Write down a list of other healthcare professionals who are part of your care team and what they see you for
- Write down any symptoms that are new, worse or worry you (swelling, fatigue, changes)
- List the top 2-3 main questions to ask during the visit

Prepare for Appointments

(Continued)

During your appointment:



- Ask for important points to be repeated
- Take notes and ask questions if something is not clear
- Make sure you understand your test results and what comes next
- Review any new prescriptions or over-the-counter medications, what they are for, how to take them and if there are any medical restrictions you need to be aware of
- Ask about simple next steps to take after your visit

» *Clear, simple information can make things easier to manage afterward.*

Create Small Routines



Simple routines can help bring a sense of rhythm to your day.

You might consider:

- Taking medications at the same time each day
- Meal prepping for the week
- Go for a 20-minute walk each morning
- Read a book before bed instead of watching TV
- Setting aside a few minutes for gentle movement or stretching

» *Even simple routines can help your day feel steadier.*

Protect Your Energy



Your energy may change from day to day, and that's okay.

Some helpful approaches:

- Break tasks into smaller steps
- Rest before you feel too tired
- Let non-urgent tasks wait when needed

» *Caring for your energy supports both your physical and emotional health.*

Lean on Support



You don't have to manage everything on your own. Support can help lighten the load.

This might include:

- Friends or family who can help with daily tasks
- Consider keeping a list of emergency contacts with you at all times in case you need help
- Community programs
- Peer support groups and support communities, such as the American Heart Association's Support Network, where you can connect with others and share experiences (<https://supportnetwork.heart.org/s/>).
- Local services through tools like FindHelp
- Connect with the CKM Navigator (see page 3 for details)

» *Reaching out is a way to care for yourself, not a sign of weakness.*



Care for Your Emotional Health



Taking a few moments to support your emotional well-being can make a difference.

You might try:

- Slow, steady breathing
- Journaling
- Gentle movement
- Taking short breaks during the day



These small moments can help ease stress and create space to reset.



Looking Ahead

Daily life with CKM-related conditions can feel challenging at times. But over time, small steps, simple systems, and supportive routines can help things feel more manageable.



You're not expected to do everything at once. Moving at your own pace is important while also making sure to address the urgent things in a timely manner. Building support along the way, can help create more space for calm, confidence and well-being.



CKM Navigator: The American Heart Association offers a no cost healthcare navigator service to guide you through everyday health, questions and challenges.

Connect with the navigator: Call: **1-800-242-8721**

Or visit: **heart.org/NavigationSelfReferral**

To learn more, visit:

heart.org/myckmhealth

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