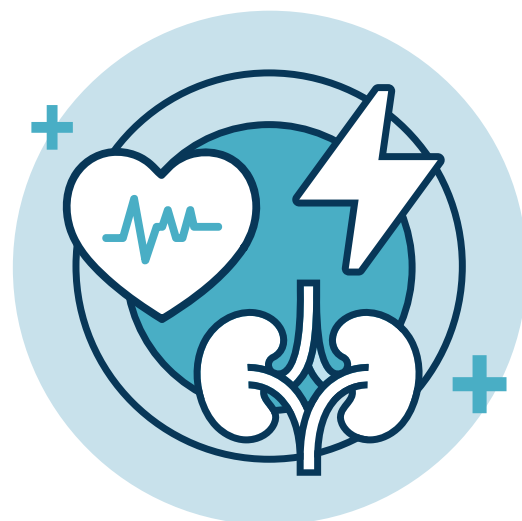


CKM Self-Assessment Tool

TALKING WITH YOUR FAMILY PHYSICIAN ABOUT YOUR HEALTH

Cardiovascular-kidney-metabolic (CKM) syndrome is a health condition made up of heart disease, kidney disease, diabetes and obesity. The earlier that (CKM) syndrome is recognized, the more you can do to prevent, slow down or even reverse organ damage to your body. A simple conversation with your family doctor is the first step in improving your overall health.

By completing this worksheet, you can have important information ready when you discuss your health history and lifestyle habits with your doctor. Together, you will develop a treatment plan that puts you on the path to improved health.



About Me

My health challenges

What a typical day looks like for me

Things that help me address
my health challenges

My sleep experience/quality

My family members with related
CKM conditions

My medications

Health Conditions:

- ☐ Heart disease
- ☐ High blood pressure
- ☐ Stroke
- ☐ Heart failure
- ☐ Atrial fibrillation (A-Fib)
- ☐ Chronic kidney disease
- ☐ Metabolic syndrome
- ☐ Polyendocrine Metabolic Ovarian Syndrome (PCOS)
- ☐ Prediabetes
- ☐ Type 2 diabetes
- ☐ Abnormal cholesterol levels
- ☐ Excessive fat in the liver

Health Habits: The following lifestyle habits are a challenge for me.

- ☐ Eat more fruits and vegetables
- ☐ Manage weight
- ☐ Control cholesterol
- ☐ Manage blood pressure
- ☐ Be more active
- ☐ Get restorative sleep
- ☐ Manage blood sugar
- ☐ Quit tobacco

I would like to improve: _____

Barriers and Challenges: My biggest challenges and daily barriers in managing my health.

- ☐ Cost
- ☐ Access to health care
- ☐ Time
- ☐ Transportation
- ☐ Managing symptoms
- ☐ Understanding my condition
- ☐ Consistency

Health Values: These things matter most to me.

- ☐ Daily function and independence
- ☐ Symptoms and quality of life
- ☐ Longevity
- ☐ Weight management
- ☐ Avoiding hospitalizations
- ☐ Minimizing medications
- ☐ Ability to work or provide caregiving
- ☐ Other: _____

My health goals:

1

2

3

Medications are a key part of CKM management. Here are some common medications associated with a CKM treatment plan and how they support improved health.

MEDICATION	PRIMARY ACTION	HEART BENEFIT	KIDNEY BENEFIT	METABOLIC BENEFIT (diabetes or liver)
ACE inhibitor/ARB	Lowers blood pressure	X	X	
SGLT-2 inhibitors	Lowers glucose	X	X	X
MRAs	Lowers protein in urine	X	X	
GLP-1RA/GIP RA	Lowers glucose and weight	X	X	X

My medication-related questions:

Follow-up visit and next steps: