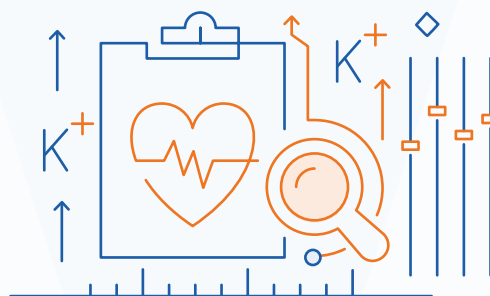


# HYPERKALAEMIA: What you need to know

## WHAT IS HYPERKALAEMIA?

Hyperkalaemia is a term used to define having too much potassium in the blood.<sup>1</sup> It's important to maintain normal potassium levels to keep your heart rhythm normal.<sup>2</sup> Having high potassium levels can be dangerous for your health.<sup>2,3</sup>



## WHAT CAUSES HYPERKALAEMIA?

Having an underlying condition (e.g. chronic kidney disease or heart failure) can impact how your kidneys function and cause increased potassium levels.<sup>1</sup> The medications used to treat these conditions also impact the level of potassium in your blood due to the way that they work.<sup>1,4</sup>



## MONITORING AND TREATMENT

It is very important that you take an active role with your healthcare team to monitor your potassium levels. It is important to tell all your doctors you have hyperkalaemia so they can do regular blood tests.

There are different methods that can be used to treat hyperkalaemia: dose adjustments to your chronic kidney disease/heart failure medications; introducing additional medication; and/or changes to your diet.<sup>5</sup> Your individual circumstance will be assessed to provide the best treatment option tailored to your needs.



**Please read the booklet provided to learn and understand more about hyperkalaemia and how we can work together to bring your potassium levels back to normal.**

**References:** 1. Montford JR, et al. *J Am Soc Nephrol* 2017;28(11):3155–65. 2. Weiss JN, et al. *Cir Arrhythm Electrophysiol* 2017(3):1–21. 3. Weiner ID and Wingo CS. *J Am Soc Nephrol* 1998;9(8):1535–43. 4. Turgutalp K, et al. *Ren Fail* 2016;38(9):1405–12. 5. Dunn JD, et al. *Am J Manag Care* 2015;21:S307–15.