How Long-Term Health Problems Are Related to Each Other



Il parts of your body work together to keep you healthy. Since they are all connected, some long-term health problems that affect one part of your body can affect other parts of your body, as well.

Common health problems that can affect more than one part of your body include:

How do these long-term health problems affect each other?

High blood pressure (hypertension) causes kidney damage and a higher risk of heart disease. When you have high blood pressure, it damages blood vessels throughout your body which:

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Heart disease can lead to high blood pressure and kidney disease. When your heart struggles to pump enough blood for your body, it:

If I manage one long-term health problem, can it improve or prevent other related problems?

Yes! When you and your doctor take steps to improve one health problem, it can improve or even prevent others. For example, if you bring down your blood pressure with medicine and a low-salt diet, it can also bring down your risk of kidney and heart disease. That is why it is so important to manage your long-term health problems. Not only will you feel better, but you will also improve or prevent other problems along the way.

What can I do to manage these long-term health problems?

If you have one or more of these health problems, and have questions: