

Protecting your kidneys and heart matters

Managing high potassium levels (hyperkalaemia) so you can stay on your important medicines **today** to help protect your heart and kidneys **tomorrow**.



This is an educational material for adult patients who have been prescribed Lokelma (sodium zirconium cyclosilicate), developed and funded by AstraZeneca.

Information in this booklet is not intended as a substitute for consultation with your healthcare provider.

REPORTING SIDE EFFECTS: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or via the 'MHRA Yellow Card' app in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of medicines. Side effects can also be reported to AstraZeneca in the following ways: **Online:** <https://contactazmedical.astrazeneca.com>
Email: Medical.InformationUK@astrazeneca.com | **Telephone:** 0800 783 0033

Start understanding the importance of RAASi therapy

This booklet is for people living with heart or kidney disease (**known as cardiorenal diseases**) who are taking medicines called RAASi therapy.

When you're living with a **cardiorenal disease**, there can be lots to think about. It is important for you to understand your condition and your medicines. This booklet aims to give you clear information about RAASi therapy and why it's so important to stay on it. It also explains what 'hyperkalaemia' is and how to manage it during your treatment.



Do you find it easier to listen?

There is an audio recording of this booklet. You can find this by scanning the QR code or by visiting <https://bit.ly/3GcqH2o>



This QR code will take you to an AstraZeneca website page intended for patients that have been prescribed Lokelma

Booklet contents

- 4-5 What is RAASi therapy?
- 6-7 What are the benefits and risks of RAASi therapy?
- 8-9 What is hyperkalaemia and how will it be managed on my treatment journey?
- 10-11 What questions should I ask my healthcare team?



What is RAASi therapy?

‘RAASi therapy’ is a term used to describe a group of medicines. **RAASi** stands for ‘**R**enin-**A**ngiotensin-**A**ldosterone **S**ystem **I**nhibitor’.

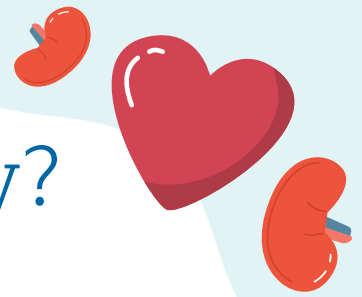
RAASi medicines are used to help control blood pressure and protect your heart and kidneys. This is known as ‘**cardiorenal protection**’.

There are different types of RAASi therapy:

- **ACE** inhibitors (angiotensin converting enzyme inhibitors) – medicines that end in ‘pril’, such as ‘ramipril’ and ‘enalapril’
- **ARB** (angiotensin 2 receptor blockers) – medicines that end in ‘sartan’, such as ‘losartan’ and ‘candesartan’
- **MRA** (mineralocorticoid receptor antagonists) – such as ‘spironolactone’, ‘finerenone’ and ‘eplerenone’
- **ARN** inhibitors (angiotensin receptor/neprilysin inhibitors) – such as ‘sacubitril/valsartan’, also known as Entresto®



Why have I been prescribed RAASi therapy?



RAASi therapy is usually prescribed for people who have one or more condition impacting their heart or kidneys. These include chronic kidney disease and heart failure. You may also be prescribed it for hypertension (high blood pressure).

Your heart and kidneys are really important organs. They work together in your body and are connected through a network of veins and arteries.

Your **heart** sends a constant supply of blood around the body. Your **kidneys** filter the blood and help regulate blood pressure.

How does RAASi therapy work?

RAASi medicines work on a system in the body called the '**Renin-Angiotensin-Aldosterone System**' or **RAAS**.

This system controls your blood pressure and electrolyte balance. Electrolytes are minerals like sodium and potassium.

Diseases like chronic kidney disease and heart failure can make the RAAS overactive. When the RAAS is overactive, it can increase the levels of certain hormones in the body. This can cause inflammation, fibrosis (thickening or scarring of tissue) or hypertrophy (increase in size) of your heart or kidneys. This can make your chronic kidney disease and heart failure worse.

RAASi therapy works to control the RAAS system.

It does this by blocking certain hormones. This helps to protect the heart and kidneys.

What are the benefits of RAASi therapy?

RAASi therapy can help control blood pressure and protect the heart and kidneys. **Research has shown that RAASi therapy can improve health outcomes for people with chronic kidney disease and heart failure.**

Your healthcare team will try to get as close as possible to your target dose of RAASi therapy. This is to help protect your heart and kidneys.

They will talk to you about your treatment options. Together, you can decide on a plan that works best for you.

What are 'target doses'?

You may hear your healthcare team talking about 'target doses'. This is the amount of RAASi therapy you need to achieve cardiorenal protection. This is known as 'RAASi therapy optimisation'.



What are the potential risks of RAASi therapy?

RAASi therapy helps to protect the heart and kidneys. But they can cause high levels of potassium. This happens because the kidneys are less able to filter potassium out of the body. So, **RAASi can increase the risk of higher amounts of potassium in the blood known as 'hyperkalaemia'.**

As RAASi helps to protect the heart and kidneys, your doctor will try to avoid lowering or stopping your RAASi therapy if you have higher levels of potassium in your blood. They will do this by preventing or managing your high potassium levels in other ways.

You can learn more about managing your high potassium levels on the next page.

Support for you

If you have any worries or questions, talk to your healthcare team. They are there to help support you through your treatment.



What is hyperkalaemia?

Hyperkalaemia is when you have high levels of **potassium** in your blood. The symptoms of hyperkalaemia are usually mild, but the condition can come back multiple times if not managed properly.

What is potassium?

Potassium is a nutrient that is found in some foods. Your body needs potassium. It helps your nerves and muscles (such as the heart) work. However, too much of it can be dangerous and even life threatening.

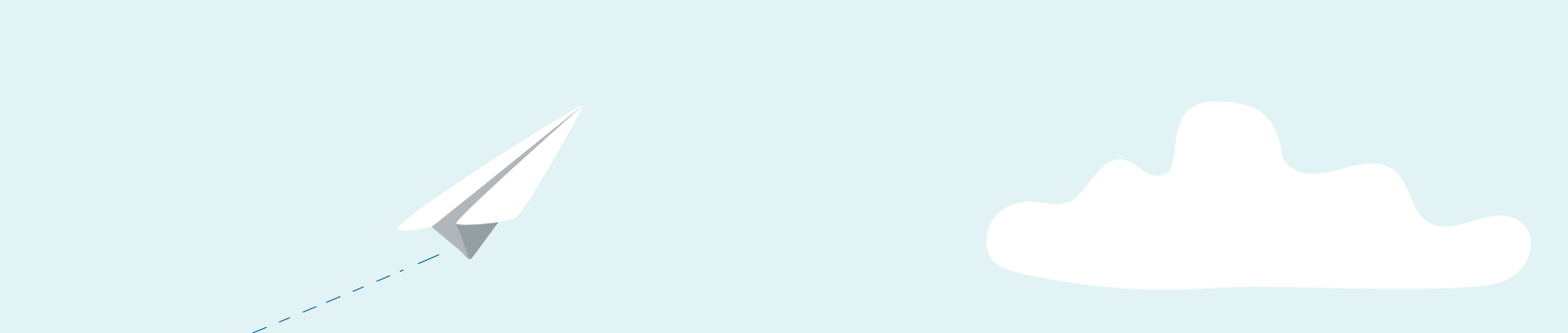
Prevention is the best approach, although if you have high levels of potassium in your blood, fast diagnosis, treatment and monitoring are really important. Your doctor can help to manage your hyperkalaemia.

How will hyperkalaemia be prevented and managed throughout my treatment?

There are lots of things that you and your healthcare team can do to prevent and manage high potassium levels. This will help to make sure you can stay on your target dose of RAASi to protect your heart and kidneys.

Attending all of your appointments is really important.

It gives your healthcare team a chance to monitor your condition, check your potassium levels and review your progress.



What can I do to prevent and manage hyperkalaemia?



- ☐ Make sure you learn about your health condition and your medicines
- ☐ Take all medicines as prescribed by your healthcare team
- ☐ Attend all your appointments
- ☐ Seek help straight away if you have any questions or concerns
- ☐ Follow the healthy lifestyle advice from your healthcare team

What can my healthcare team do to prevent and manage hyperkalaemia?

1

Recommend lifestyle and treatment changes to lower potassium levels such as:

- Adjusting medicines that raise potassium
- Offering advice on lifestyle changes like eating a healthy diet, controlling blood sugar and managing constipation

2

Consider potassium-lowering medicines such as:

- Diuretics – these raise how much potassium leaves your body in your pee
- Bicarbonates – these reduce potassium by ‘correcting’ high levels of acid in your blood
- Potassium binders – these remove potassium from the body’s digestive system

3

Monitor you 1 – 4 times per year by checking your:

- Condition
- Symptoms
- Medicines
- Kidney function
- Potassium levels

Your number of reviews may depend on the stage of your condition, treatment and other health issues.

4

Prevent hyperkalaemia from coming back

Through careful prescribing of medicines that raise potassium in your body and regularly reviewing causes of high potassium levels.

What questions should I ask my healthcare team?

Asking lots of questions can help you to properly understand your condition and why you are on RAASi therapy. It also means you can be a part of the conversations about your care.

Top tips for getting the information you need

- **PLAN** before your appointment by writing down any questions that you have
- **ACT** during your appointment by making sure you ask all your questions and taking notes
- **REFLECT** after your appointment by reading through your notes or any resources given to you

Who should I ask?

Any healthcare professional who is part of your care. This may include a GP, Specialist Consultant, Specialist Nurse, Pharmacist or Dietitian. They should explain if they are making any changes to your treatment. If they don't, feel free to ask.

What should I ask?

Anything that you want to know about your health condition and treatment. Remember that everyone's health journey is personal to them.



Here are some suggested questions to help you prepare for appointments



My healthcare team

- What is your role in my care?
- How often will I see you?
- How can I contact you if I have any questions?

My health condition

- What does 'cardiorenal disease' mean?
- What has caused my health condition?
- What symptoms could I experience?

My medicines

- Do I need to be monitored on this medicine?
- Why has my medicine been changed or stopped?

Self-management

- Are there any lifestyle changes I can make?
- When should I seek medical attention?
- Who should I seek medical attention from?

Records

- Can I have a copy of any important documents?
- Can you share any important documents with the rest of my healthcare team?

Further information

- Do you have any resources about my health condition and treatment?
- Are there any local support groups?

If you would like to learn more, scan the QR codes below

Kidney Care UK Kidney disease



www.kidneycareuk.org/kidney-disease-information

Pumping Marvellous Heart failure guide



www.pumpingmarvellous.org/heart-failure-guide

NHS Chronic kidney disease



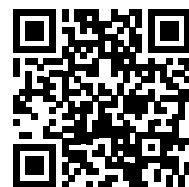
www.nhs.uk/conditions/kidney-disease

NHS Heart failure



www.nhs.uk/conditions/heart-failure

National Kidney Federation Diet and food: potassium matters



www.kidney.org.uk/diet-and-food

These links will take you to websites not owned by AstraZeneca. AstraZeneca is not responsible for the content on these websites.

Notes

You can use this space to write down anything you'd like to discuss in your next appointment.



SCAN HERE

Visit www.myazmed.co.uk
to find out more and access resources
relating to your treatment.

