



Diabetes and Kidney Disease Contribute to Heart Disease

Purpose of the study

African Americans are more likely to have heart disease and die from heart disease than other racial and ethnic groups in the United States. Diabetes (high blood sugar) and kidney disease cause heart disease and death. Jackson Heart Study (JHS) investigators wanted to see if a JHS participant with diabetes or kidney disease at the first exam had a stroke, got heart disease, or died from heart disease in the years after the first exam.

Major findings

1. Compared to JHS participants without diabetes at the first exam, JHS participants with diabetes at the first exam had a greater chance of having a stroke, getting heart disease and dying from heart disease in the years after the first exam visit.
2. Compared to JHS participants without kidney disease at the first exam, JHS participants with kidney disease at the first exam had a greater chance of dying from heart disease, diabetes and kidney disease in the years after the first exam visit.
3. Compared to JHS participants without diabetes or kidney disease at the first exam, JHS participants who had both diabetes and kidney disease at the first exam visit had a greater chance of having a stroke, getting heart disease, and dying from these diseases in the years after the first exam visit.



Take away message

African Americans who have kidney disease or diabetes should see their health care providers regularly to be evaluated for heart disease. African Americans with diabetes should have their kidneys checked to see how well their kidneys work. This can help doctors know who has a higher chance of having a stroke, getting heart disease, or dying from heart disease.

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