

MANAGING KIDNEY DISEASE THROUGH DIET AND EXERCISE

In partnership with POTENTRx

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What is Kidney Disease?

Kidney disease is the gradual decrease in your kidney's ability to function caused by conditions that damage your kidneys. This can lead to a build up of wastes in your blood that can make you feel ill. Kidney disease increases your risk of developing heart and blood vessel diseases.

Know Your Facts!

Q: What causes kidney disease?

A: Diabetes and hypertension are the cause of up to two-thirds of kidney disease cases. Glomerulonephritis, polycystic kidney disease, malformations, lupus and other diseases that affect the body's immune system, obstructions, and repeated urinary infections can also cause kidney disease.

Q: What are the symptoms of kidney disease?

A: Symptoms include feeling more tired and having less energy, trouble concentrating, poor appetite, trouble sleeping, muscle cramping at night, swollen feet and ankles, puffiness around your eyes, especially in the morning; dry itchy skin, and needing to urinate more often, especially at night. Most people will not experience symptoms until their kidney disease is advanced.

Q: Why is kidney disease bad?

A: Kidney disease can lead to kidney failure. This is problematic because the kidneys are involved in regulating blood pressure, electrolyte balance and red blood cell production. Kidney disease can cause multiple complications such as hypertension, anemia, weak bones, poor nutritional health, and nerve damage. It can also lead to heart and blood vessel disease which are the major causes of death for people with kidney disease.

Q: How can I check if I have kidney disease?

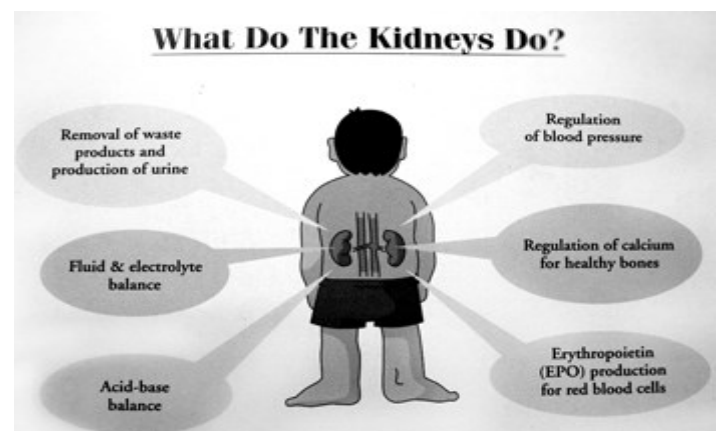
A: There are two tests: a urine test to measure your albumin creatinine ratio (a type of protein), and a blood test

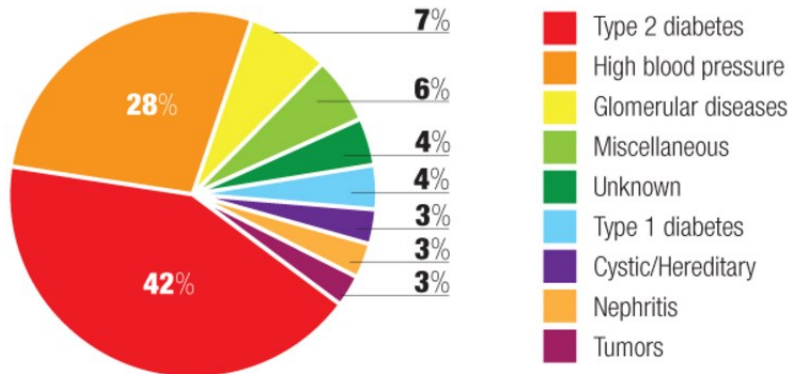
Q: Is there anything I can do to control my kidney disease aside from taking medication?

A: Yes! There are many modifiable risk factors that contribute to kidney disease. Please refer to the reverse side for lifestyle changes that can help to relieve kidney disease.

1 in 3 adults are at risk for kidney disease in the United States.

Kidney.org, 2015

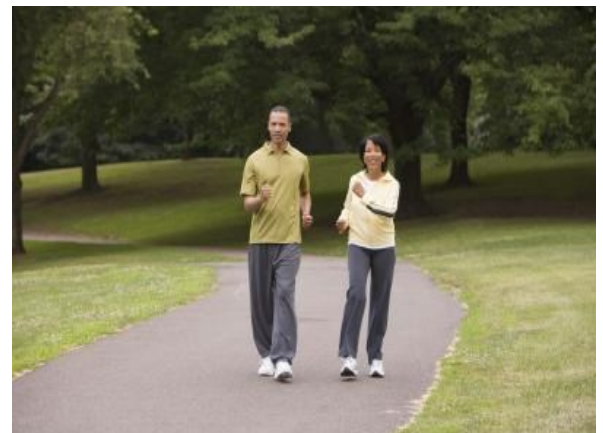




Causes of Chronic Kidney Disease

What Can Lifestyle Changes Do For Kidney Disease?

There are many proven and recommended lifestyle changes to manage kidney disease — prevention is the best thing you can do. Diabetes and hypertension are the leading cause of kidney disease so it is important to keep your blood pressure at a healthy level. Smoking can interfere with blood pressure medication and also slows the blood flow to vital organs which can make existing kidney problems worse, so you should try to quit smoking if you do smoke. Diets such as the DASH (dietary approaches to stop hypertension) diet, are proven to aid in weight loss (obesity increases your risk of kidney disease) and hypertension. One can also decrease sodium and increase potassium intake in the diet. Avoid salty snacks such as chips and cured meats, and replace them with bananas or kale, both high in potassium. Reducing alcohol consumption can lower BP by 2 to 4 mm Hg; limit yourself to no more than 1-2 drinks per day. Alcohol can also impair the kidneys' ability to regulate the amount of water in your body. Stress reduction can also help manage high blood pressure and improve your sense of well being.



Factors of Kidney Disease

There is no one, definite cause of kidney disease, but the following are known to increase risk for kidney disease:

Modifiable Risk Factors

High blood pressure, diet high in sodium, overuse of NSAIDs (pain medicines), exposure to contrast dyes used in diagnostic tests, alcohol, improper use of antibiotics, and prescription laxatives.

Non-Modifiable Risk Factors

Family history of kidney failure, age (60 years or older), and ethnicity (African Americans, Pacific Islanders, Hispanics, Asians, and American Indians are at an increased risk).

What Can Exercise Do For Kidney Disease?

Exercise can help with some of the effects of kidney disease such as muscle wasting, weak bones, lower quality of health related life, and hypertension. Exercise is also a great tool for prevention because it can help manage your weight, blood pressure, cholesterol, increase muscle strength and endurance, increase energy levels, and prevent other diseases such as diabetes and heart disease. If you have kidney disease, aerobic exercise of at least 60% of your maximum capacity should be performed at least 3 times a week to improve cardiovascular health. You should start low at around 20 minutes per session and gradually increase the time and frequency of workouts per week. Progressive resistance training can increase muscle mass, bone density, and improve health related quality of life. One should resistance train 2-3 times a week, focusing on all major muscle groups of the body, with 10-12 repetitions for 3 sets each for a total of 45-60 minutes a session.