

Living Well with **Kidney Disease**



Know the Symptoms of Kidney Disease

Tired all the time and have little energy	Trouble concentrating
Poor appetite	Trouble sleeping
Puffiness around eyes in morning	Swollen feet and ankles
Need to urinate more often, especially at night	Dry, itchy skin

Did You Know?

- The main job of the kidney is to remove toxins and excess water from our blood.
- The number of Americans with kidney disease is rising due to risk factors including diabetes, hypertension, obesity and high blood pressure.
- Kidney transplants are limited due to the shortage of donor organs, so most patients undergo dialysis 3-4 hours, 3 times a week.
- The kidneys control the levels of many minerals in the blood stream including potassium and sodium.
- About 30% of people with type 1 diabetes and 10% - 40% of those with type 2 diabetes will eventually suffer from kidney failure.
- Many forms of kidney disease are treatable and progression can be slowed if caught early!

Be Informed. One of the most important skills you can have as a kidney disease patient is knowing how to read FOOD LABELS.

After kidney disease is diagnosed, special care must be taken with the diet. People with kidney disease need to consume enough proteins, vitamin, and calories to stay fit and healthy while limiting minerals that damaged kidneys have trouble processing.

Minerals that should be limited include:

- **Sodium** – Sodium is found in large amounts in table salt and in foods with table salt added.
- **Phosphorous** – Phosphorus is a mineral found in most foods, including dairy products, nuts, beans, soda pop and beer. Your doctor may give you a drug to absorb phosphate in your blood.
- **Calcium** – While important for strong bones, calcium is affected by blood phosphate levels. DO NOT take over-the-counter vitamin D or calcium supplements unless your doctor says it's okay.
- **Potassium** – Everyone with kidney disease has unique potassium needs depending on their level of kidney health and the medications they take. A simple test by a doctor measures potassium levels in the blood.

Sources: National Kidney Foundation; Kidney Care Partners

For help managing your disease, call the "Healthy Living" program at (866) 766-8795 or go to www.Alerecares.com/OME-RESA. Find Healthy Recipes and additional resources at www.ome-resahealthylifestyles.com.

The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.