

HIGH POTASSIUM RISK AND TREATMENT

Too much potassium in your blood can cause serious heart problems.

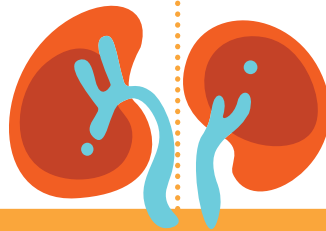
Potassium helps your nerves, muscles and heart work the right way. However, too little or too much can be harmful. High potassium (hyperkalemia) means you have too much potassium in your blood.

It has many causes:

- ◆ A diet too high in potassium
- ◆ Certain medicines
- ◆ Other diseases, such as diabetes, heart disease and kidney disease



High potassium is common in people with kidney disease.



Healthy kidneys control the right amount of potassium in your blood. When kidneys do not work as well as they should, the amount of potassium in the blood can increase.

Sudden or very high potassium needs immediate medical care.

Many people with high potassium will have few or no symptoms. **Call 911 or go to the emergency room if you feel nausea or vomiting, shortness of breath, a heavier or irregular heartbeat, or chest pain.**



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You may need to eat foods **LOWER** in potassium.

Foods lower in potassium include apples, blueberries, asparagus, carrots, rice and pasta.



You may need to avoid foods **HIGHER** in potassium.

Foods higher in potassium include bananas, oranges, tomatoes, spinach and yogurt. Avoid certain salt substitutes. These can be high in potassium. A dietitian can help you create a meal plan that's right for you.



Certain medicines might be used to treat high potassium.



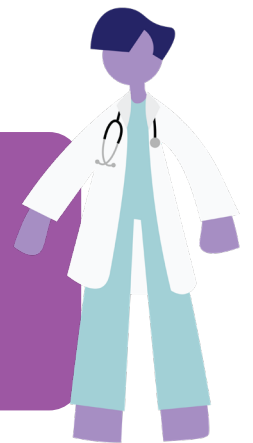
Potassium binders can attach or “bind” to extra potassium in your intestines and remove it.

Diuretics, or water pills, can make the kidney create more urine to remove extra potassium. They may not work well when kidney function is low.

Your healthcare team will determine the right medicine for you.

Tell your healthcare team about all medicines and supplements you take.

Some medicines might raise potassium. Do not stop taking medicine unless a healthcare professional tells you to do so.



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