

WAYS TO IMPROVE YOUR HEALTH WHEN YOU HAVE KIDNEY DISEASE

Key steps to take

- ▶ Know your kidney numbers:
 - ▶ GFR – glomerular filtration rate
 - ▶ uACR – urine albumin-creatinine ratio
 - ▶ These two tests make up what’s called the “Kidney Profile.”
If you don’t know your numbers, ask your healthcare team.
- ▶ Keep blood pressure and blood sugar (if you have diabetes) under control.
- ▶ Keep cholesterol and lipid levels under control.
- ▶ Stop smoking.
- ▶ Take medications as prescribed. Especially blood pressure medications and diabetes medications!
- ▶ Follow your kidney diet and fluid restrictions, if you have any.
 - ▶ Talk to a dietitian for personalized recommendations.
 - ▶ Limit salt in your diet.
 - ▶ Limit protein, if you’re not on dialysis. Work with a dietitian or healthcare team for specific protein amounts.
 - ▷ Avoid protein supplements, protein bars, and shakes.
 - ▷ Choose more plant-based proteins (tofu, beans)
- ▶ Be physically active.
- ▶ Do not use medicines that may harm the kidneys (especially NSAIDs (pain relievers), such as ibuprofen, naproxen, Advil, Aleve).
 - ▶ Keep an up to date list of medications, including over-the-counter medications, vitamins, and supplements. Bring this list to all health care provider visits. Ask your provider how medications might be affecting your kidneys.
- ▶ Tell all your healthcare providers you have kidney disease before getting tests or scans that use contrast dyes, such as MRI or CT scans.