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 diettian for personalized recommendations.
  ► Limit salt in your diet.
  ► Limit protein, if you’re not on dialysis. Work with a diettian 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.