

What can you do?

The Bottom Line

There are some risk factors we cannot control such as age, gender, ethnicity, having Chronic Kidney Disease (CKD) or even our family history, but there are many things **you can do** to decrease your risk for Cardiovascular Disease (CVD), such as diet and exercise.

Lowering Your Risk

- Practice healthy eating habits. A kidney friendly diet is also heart healthy. Talk to your dietitian for more information about foods that are high in lean protein and low in phosphorus, fat, salt and sugars. Find out how much fluid you should drink every day and stick to it.
- If your kidneys are not functioning properly, it is very important to limit phosphorus in your foods. Many foods contain phosphorus so talk to your dietitian about menu ideas.
- Certain medicines may be prescribed by your doctor called phosphate binders. Take these with food to help "bind" excess phosphorus from your foods. Examples of phosphate binders include Renvela®, Fosrenol®, and PhosLo®.
- Vitamin D hormone replacements such as Hectorol®, Zemplar® and Rocaltrol® may be prescribed to decrease PTH and provide vitamin D to help your body absorb calcium into the bones.
- Blood pressure medicine will most likely be prescribed by your doctor to protect both your kidneys and heart.
- Controlling conditions such as diabetes, high blood pressure and cholesterol will help to protect your kidneys and heart.
- Work with your doctor and dietitian to keep blood glucose and blood pressure controlled to decrease the risk of blood vessel and heart damage.
- Talk to your doctor and dietitian about diet and medicines to keep cholesterol and triglyceride levels within normal limits to prevent plaque buildup.
- Don't forget to ask about what kinds of exercise you can safely enjoy. Even mild like walking can help to lower blood pressure.

© 2017 The Dialysis Patients Citizens (DPC) Education Center. All rights reserved.

Unauthorized use prohibited. The information contained in this website is not a substitute for medical advice or treatment, and consultation with your doctor or healthcare professional is strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.