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DO YOU WANT TO KNOW ABOUT A SPECIFIC TOPIC?
SUBMIT SUGGESTIONS TO:

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HELPFUL TIPS TO EMPOWER
DIALYSIS PATIENTS

Kidney Chronicles

February is... Healthy Heart Month!



Dialysis patients are more likely than the general population to develop heart and blood vessel disease. This increased risk is related to kidney disease and other health problems like diabetes and high blood pressure. For this reason, it's very important for you to follow several steps which will help prevent, or reduce, heart and blood vessel problems.

- ◆ **Take your medications.**
- ◆ **Follow dietary guidelines.** Your diet should have the right amount of protein and calories to keep you at a healthy weight. (If you are on a modified protein or potassium diet, speak to your health care team before making any changes in your diet.)

- ◆ **Follow fluid guidelines.**
- ◆ **Exercise.** Even simple stretching exercises are better for your heart than not doing anything.
- ◆ **Don't smoke.** If you smoke, talk to a health care worker you trust to help find resources to quit.
- ◆ **Control blood sugar** if you have diabetes.
- ◆ **Keep high blood pressure controlled.** Besides medications, remember to follow your fluid and sodium (salt) limits to keep fluid from building up in your body and increasing your blood pressure.
- ◆ **Reduce high cholesterol.** High blood levels of fats like cholesterol increase your chance of developing heart and blood vessel problems.
- ◆ **Treat anemia.** Dialysis patients

often develop anemia - a low red blood cell count. Correcting anemia helps to keep your heart healthy.

- ◆ **Maintain emotional well-being.** At times, you may feel depressed, angry or upset. These feelings can make it harder for you to follow your treatment plan, improve your health, return to your normal routine and may also increase your chance of developing heart disease or of making it worse. It's important to talk to someone if you have these feelings.

Heart health success depends upon your commitment to follow the advice of your health care team. It's not easy to always follow these recommendations, but your health depends on it. Good health makes for a happy heart!

Source: [National Kidney Foundation Renal Resource Centre](#)

Dialysis Friendly Cookbooks



Living Well on Dialysis Cookbook
NKF Council on Renal Nutrition, (800) 622-9010
www.kidney.org

Cooking for David: A Culinary Dialysis Cookbook
Culinary Kidney Cooks, (714) 842-4684
www.culinarykidneycooks.com

The Renal Gourmet: Or What to Eat When Your Kidneys Quit
www.kidney-cookbook.com

Creative Cooking for Renal Diets Cookbooks
Cleveland Clinic Foundation
www.patientsupport.net