

CKD Education

MONITORING



1

COMMON ISSUES WITH CKD

- ☑ High Blood Pressure (hypertension)
- ☑ Anemia
- ☑ Electrolyte Imbalances
- ☑ Malnutrition
- ☑ High Cholesterol
- ☑ Mineral & Bone Disorder

2

FACTORS YOU CAN CONTROL

- Take medications regularly
- Watch dietary sodium
- Daily exercise and weight control
- Limit alcohol
- Stop smoking

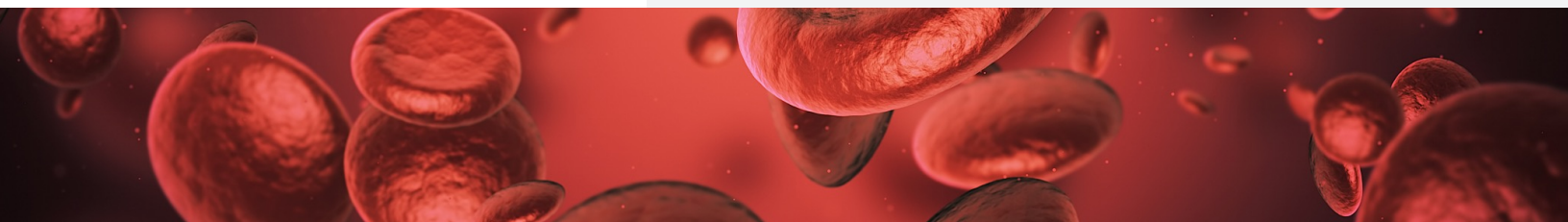


3

ANEMIA

WHAT IS ANEMIA?

- Kidneys produce less of the hormone (erythropoietin) needed to signal red blood cell production by bones
- Less absorption of iron
- Malnutrition
- Symptoms can include feeling cold, tired, or short of breath



4

ANEMIA MANAGEMENT

- Provide erythropoietin stimulating agent. This is a monthly injection. Hemoglobin goal 9-10.5.
- Replace iron (oral or IV), B12, folic acid
- Know your hemoglobin levels

5

MINERAL & BONE DISORDER (MBD)



The kidneys no longer produce activated Vitamin D or maintain normal levels of calcium and phosphorus.



This leads to an overactive parathyroid gland.



The risk is weaker bones or calcium deposits in unwanted places.



Silent, but can contribute to cardiovascular disease.

MBD MANAGEMENT

Follow your phosphorus, calcium, Vitamin D, and parathyroid levels. We often check these at your appointment.

HIGH PHOSPHORUS

- Limit dietary phosphorus: i.e. beans, dairy, breads
- May need to take “binders” with each meal

HIGH PTH

- Affected by high phosphorus and low Vitamin D
- May need more medications to control PTH

HIGH POTASSIUM & ACID/BASE IMBALANCE



- Kidneys may have trouble with potassium and acid/base balance.
- High potassium can cause dangerous heart rhythms.
- Limit foods that are high in potassium, if instructed.
- Sodium bicarbonate may be necessary

THE RENAL DIET



Depending on your labs, you may be instructed to:

- Limit potassium intake
- Limit phosphorus intake
- Limit sodium intake to help with blood pressure and swelling
- Limit saturated fat intake
- Modify your protein intake

HIGH CHOLESTEROL

LDL

This is a bad cholesterol that can block arteries.

HDL

This is a good cholesterol build up in arteries. Can improve with exercise.

Triglycerides

Most common form of stored fat.

The goal is reduce the risk of coronary artery disease.

CAUSES OF MALNUTRITION WITH CKD

Decreased appetite

Cardiovascular disease

Low protein diet

Infections

Protein loss

Hospitalizations

Fatigue

Depression

MEDICATIONS



Taking your medications regularly is very important.

Make a list of your medications, including dose and how often you take them. Bring it to every medical appointment!

QUESTIONS?

InterMed Consultants has been providing renowned kidney care in the Minneapolis area, as well as greater Minnesota, since 1979.

Address: 6600 France Ave South, Suite 162
Edina, MN 55435

Phone: (952) 920-2070

