

Know HOW your kidneys

KEEP YOUR BONES HEALTHY



Your kidneys do more than filter wastes and extra fluid from your blood. They also



help keep bones healthy



help create red blood cells



help regulate blood pressure

HEALTHY KIDNEYS

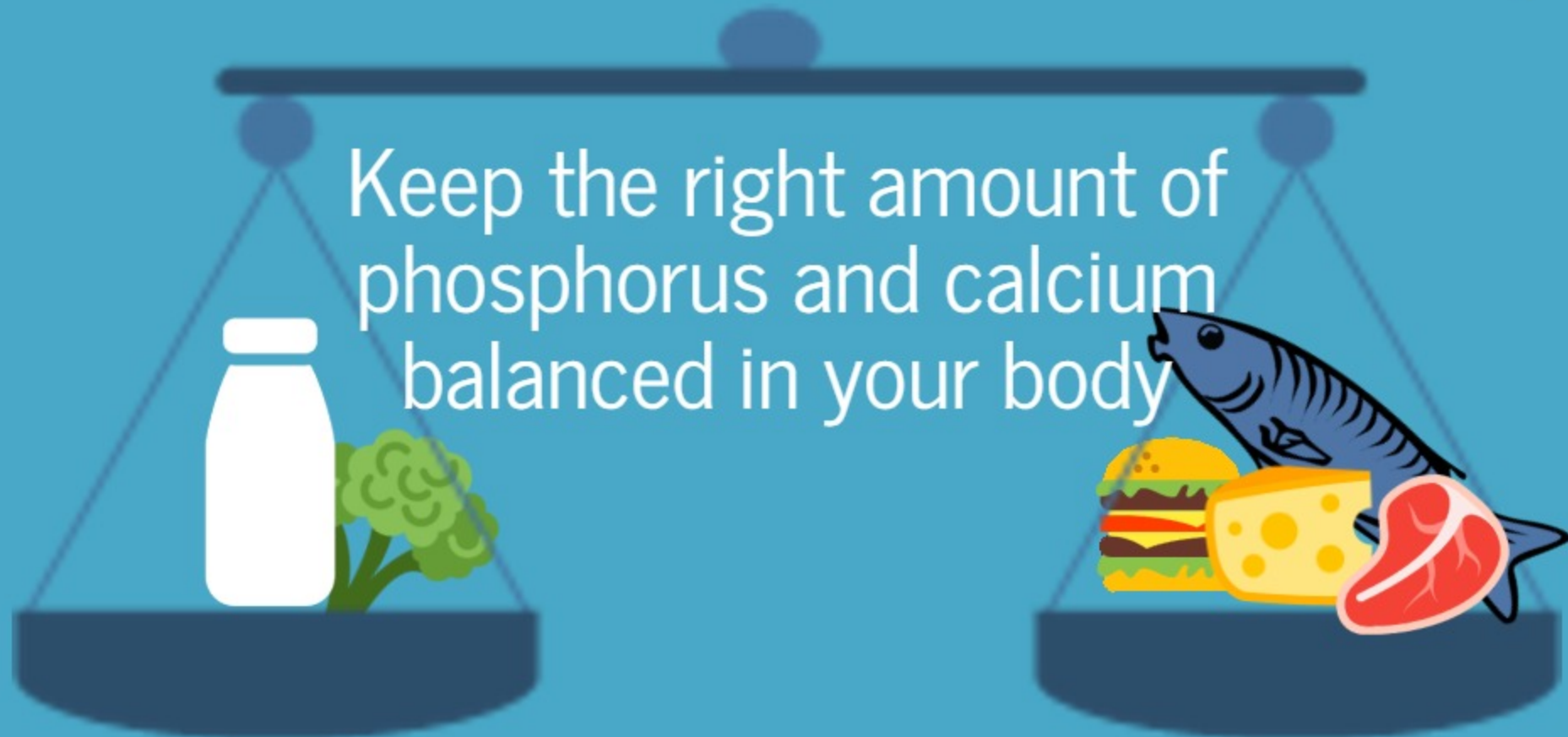


Remove extra phosphorus from your blood

Help your body use vitamin D to absorb calcium which promotes bone formation

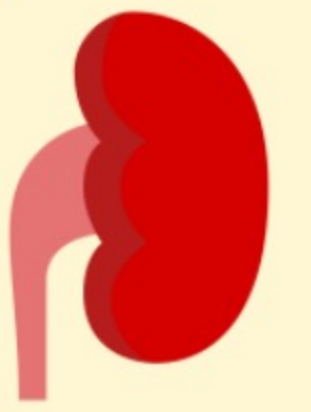


Keep the right amount of phosphorus and calcium balanced in your body



IF YOU HAVE CHRONIC KIDNEY DISEASE

Your kidneys can't remove extra phosphorus, so too much stays in your blood



Your body can't use vitamin D the right way to absorb calcium, so not enough calcium stays in your blood

The amount of phosphorus and calcium in your body becomes unbalanced. This causes your body to remove calcium from your bones, making them weak and brittle.



STEPS TO PREVENT BONE DISEASE

If you have kidney disease, it is important to take steps to prevent bone disease. Follow your doctor's treatment plan and work with your dietitian to stay as healthy as you can.

LIMIT FOODS HIGH IN PHOSPHORUS

TAKE PHOSPHATE BINDERS

TAKE A CALCITRIOL SUPPLEMENT

GET REGULAR EXERCISE

DO NOT SMOKE OR USE TOBACCO

LIMIT HIGH-PHOSPHORUS FOODS



Canned fish, meat, poultry, fish, dairy, fast food, soft drinks, nuts and seeds, whole grains, beer.



CHECK LABELS FOR HIDDEN "PHOS"

Join the conversation and connect with us!



KidneyFund.org
1-800-638-8299