



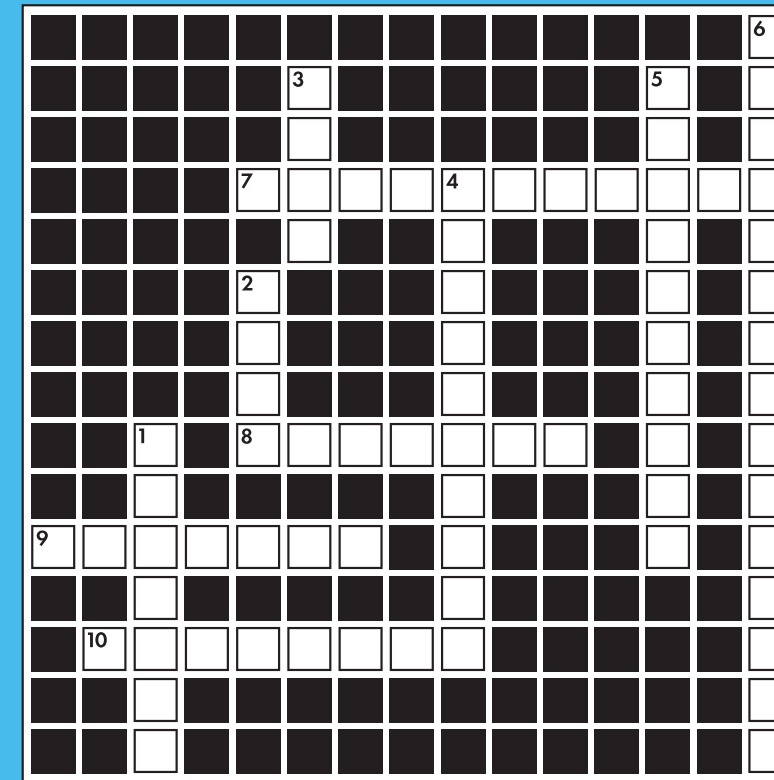
Challenge: "I don't always take my phosphate binder. I take too many pills as it is."

Taking a phosphate binder is a very important part of controlling your phosphorus levels and managing your kidney disease. Although you may not feel a difference right away when you start taking your phosphate binder, that doesn't mean it's not working; it is playing a very important role in managing your kidney disease. You should also know that you don't have to take your phosphate binder in pill form. Talk with your renal care team about different phosphate binder dosing options.

Challenge: "I don't feel like dealing with all of the side effects."

It takes your body some time to adjust to dialysis and all the medications you have to take. Almost all medications have some side effects; so if you are experiencing any, talk with your doctor about your options before you stop taking your medications.

Use the lines below to keep your medication times organized.



Down

- 1 A mineral found in many foods, such as cheese and milk, that helps keep your bones strong
- 2 Reading a ___ may help your dialysis sessions go by more quickly
- 3 All of the things you eat make up your ___
- 4 Overcoming ___ is an important part of sticking to your treatment routine
- 5 A mineral found in foods, such as meats and nuts, that can be harmful to your health if there's too much in your body
- 6 A medication that binds phosphorus in the blood, removing it from circulation (2 words)

Across

- 7 Your doctor prescribes you different ___ to stay healthy
- 8 Two bean-shaped organs that are responsible for filtering fluid and waste from the blood
- 9 Something you might use to keep your medications organized
- 10 The process of artificially cleaning waste from the blood

Answer key: 1. Calcium 2. Book 3. Diet 4. Challenges 5. Phosphorus 6. Phosphate binder 7. Medications 8. Kidneys 9. Pillbox 10. Dialysis



Tips to help you stay on track

Use the tips in this brochure to help overcome the challenges you might face when sticking to your treatment routine.



Maintain a dialysis-friendly diet

Diet is an important part of managing your kidney disease. Foods that are high in certain vitamins and minerals, such as calcium and phosphorus, may be harmful to your overall health. Talk with your doctor or renal dietitian about which foods are right for you.

Challenge: “When I go grocery shopping, I never know what to buy.”

Grocery stores can be overwhelming, which is why it helps to make a list before you go. During your next appointment, ask your doctor or renal dietitian to make a grocery list with you so you can buy the foods you need to stay healthy.

Challenge: “What should I order when I go out to eat?”

Many restaurants post their menus online, so take a look before you go. If you don't see anything you can eat, call the restaurant to ask if they can make you something else. If they can't, consider another restaurant or stay in and cook. There are a number of low-phosphorus recipes that you and your loved ones can enjoy. Sticking to the right foods and the proper portions should be a priority every time you eat.

Go to every dialysis session

Dialysis is the process of artificially cleaning waste from the blood. The kidneys normally do this job, but if they aren't working, the blood must be cleaned with special equipment. Going to your dialysis appointments is a very important part of managing your kidney disease.

Challenge: “Getting to and from dialysis is hard.”

Don't wait until the last minute to ask for transportation assistance. At the beginning of each week, ask friends and family for rides to and from your dialysis appointments. Making a schedule at the beginning of each week might help you stay organized. If friends and family are unable to help out, call your dialysis center to see how they can assist you with your transportation needs. Your social worker may also be able to assist you in finding a ride to and from your dialysis appointments.

Challenge: “Dialysis takes too much time out of my life.”

Initially, getting used to dialysis can be a challenge. But over time, you will get used to it being part of your weekly routine. You can use your dialysis sessions to read a book, play a game, listen to music or even catch up on sleep.

Take your medications

Taking medications such as supplements, phosphate binders, and vitamins is an important part of managing your kidney disease and staying healthy. Not taking medications can be harmful to your health.

Challenge: “I don't skip taking my medications on purpose—I just forget.”

Remembering to take your medications may be difficult—especially when you have more than one to take. If you usually take your medications at home, hang sticky note reminders around your house—on the refrigerator, on the bathroom mirror, or even on your television or computer. Try to set an alarm on your phone or watch or ask a friend or family member to help you by calling to remind you to take your medications.

Challenge: “Sometimes I can't remember which medications I've already taken.”

Keeping track of all of your different medications can be difficult. One way to keep them organized is by using a pillbox. Not only does a pillbox keep your medications organized, but it's also portable—so you can carry it around with you at all times.