

Pre-class questionnaire

Class # 4 - Food, drink, labs, meds- Help!

1) Sodium

- a. Is an important element contained in all body cells and fluids
- b. Must be added to foods to maintain health
- c. If too much sodium is eaten, the excess is quickly removed by normal kidneys
- d. Lower GFR, slower removal of excess body sodium by kidneys
- e. Diuretics increase sodium excretion to reduce total body sodium and water

2) To check for excess sodium in my body:

- a. Look at blood sodium level
- b. Weigh daily to watch for rapid weight gains
- c. Press on ankle bone or lower shin for 5 seconds and feel if dent remains as soon as I wake in the morning
- d. Press on ankle bone or lower shin for 5 seconds and feel if dent remains after I have been sitting or standing for a few hours
- e. Check blood pressure to see if higher than usual

3) Potassium

- a. Is an element contained largely inside all cells.
- b. ALL CKD patients must limit high potassium fruits, vegetables and whole grains
- c. To avoid a falsely high blood potassium result, I should keep my hand open and not allow tapping, hitting, rubbing vein when getting blood drawn
- d. If blood potassium is high, I am at risk for a dangerous heart rhythm
- e. If blood potassium is high, slowing potassium intake can help lower it

4) Phosphorus and calcium

- a. Excess body phosphorus, vitamin D deficiency, calcium imbalance in CKD can be associated with overactive parathyroid glands, weak bones and stiff blood vessels
- b. Lower GFR, slower excess phosphorus and calcium removal by kidneys
- c. Phosphorus added in processed foods is more completely absorbed than phosphorus naturally found in animal or plant proteins such as meat, fish, chicken, beans, nuts, seeds, whole grains.
- d. A high intact parathyroid hormone (iPTH) shows my phosphorus intake may have been excessive for years. Later, blood phosphorus can also rise.

5) Starfruit

- a. Should be avoided completely if I have a GFR less than 30
- b. Is easy to identify in local fruit salad