

Class 2 – Aloha Kidney (How to protect your kidneys, help them last as long as possible)

1. How – Food, activity, thought choices

Overall body health

2. Mindful eating
3. Mindful activity, sleep
4. Mindful thoughts, presence, consciousness, gratitude

Blood pressure

5. Explanation of blood pressure. What the numbers mean. Normal
6. How it damages glomerulus
7. How to control
 - a. Home bp monitoring
 - i. How to take bp
 - ii. Organize records – efficiency for MD to review
 - iii. When to check
 - b. Food/drink – why, how it affects sbp, alternatives for flavor:
 - i. Sodium, caution salt substitute alternative
 - ii. Saturated fats
 - iii. Amount to avoid visceral fat
 1. BMI, waist/hip ratio, bioimpedance weight components
 - iv. Alcohol
 - c. Activity – why it matters, how it can help all aspect of bodily life
 - i. How
 - d. Smoking/illegal drug role in elevating sbp
 - e. Thoughts – feelings: Stress
 - i. Explanation of connection spirit, mind, body
 - ii. How thoughts translate into physiologic change
 - iii. Choice in thoughts allowed explained
 - iv. Sources of help offered
 - f. Ambulatory vs. home vs. MD office bp reading validity
 - g. Literature general ranges for htn goals
 - h. How to work with MD
 - i. Questions to ask
 - ii. Provide information
 1. Feedback if on BP meds
 2. Symptoms of too low BP
 3. Updated med list
 4. Side effects if occur
 - i. Kidney protective BP lowering classes of Rx, and examples

Class 2 – Aloha Kidney continued

Blood sugar control

8. Why it matters
9. How: Eat, Do, Think/feel
10. Monitoring: THINK, then record, to understand how body, food, activity, meds are working or not
11. Hypoglycemia risks as eGFR declines, goals for HA1c will loosen

Avoidable risks: Medication, OTC supplement, herbal remedies

12. OTC drugs – classes, how/why risk, examples
13. Complementary alternative meds, herbal remedies – why, how, examples
14. Prescribed agents/Rx – IV contrast, MRI gadolinium, prescribed drugs: Benefit vs. risk
15. How to work with MD – ask, discuss, provide personal preferences/goals of care – SHARED decision making

Attention if urine protein

16. Why it matters
17. Impact of food, activity, meds (protective classes/agents)

