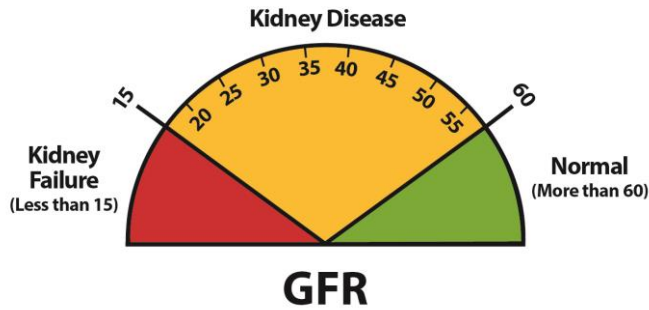


# Living with Kidney Disease: What You Can Do to Manage Your Condition

Your GFR result on \_\_\_\_\_ was \_\_\_\_\_  
Date

- A GFR of 60 or higher is in the normal range.
- A GFR below 60 may mean kidney disease.
- A GFR of 15 or lower may mean kidney failure.

GFR is glomerular filtration rate – a measure of how well your kidneys are working.

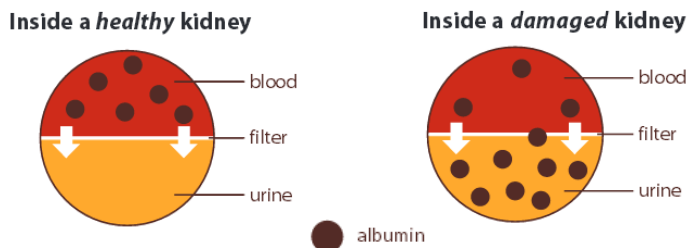


National Kidney Disease Education Program, National Institutes of Health.

Your urine albumin result on \_\_\_\_\_ was \_\_\_\_\_  
Date

- A urine albumin result below 3mg/mmol is normal
- A urine albumin result above 3mg/mmol may mean kidney disease

Albumin is a protein found in the blood. Damaged kidneys let some albumin pass into the urine. The less albumin in your urine, the better.



National Kidney Disease Education Program, National Institutes of Health.

Your blood pressure result on \_\_\_\_\_ was \_\_\_\_\_  
Date

You can protect your kidneys by controlling your blood pressure to **less than 140/90** (if you have diabetes this should be less than 130/80).

- Check your blood pressure as prescribed
- Take your medication as prescribed at the same time each day
- Do not skip doses or stop taking medication without checking with your doctor

## Tips for Managing your Kidney Disease

### 1. Choose and prepare foods with less salt

*To help control your blood pressure – aim for less than 2,000mg of sodium/day (equals 1 level teaspoon of salt)*

- Buy fresh, unprocessed food.
- Do not add salt to your food at the table.
- Do not use salt substitutes when cooking.
- Use spices and herbs in place of salt.
- Choose fresh and frozen food over canned food.
- Rinse canned foods before eating them.

### 2. Choose foods that are healthy for your heart

*To help keep fat from building up in your blood vessels.*

- Grill, broil, bake, roast or stir-fry foods instead of frying.
- Trim fat from meat and remove skin from poultry before eating.

### 3. Be physically active

*To improve blood pressure, blood sugar and blood cholesterol.*

- Make exercise a regular part of your life
- Aim for 30 minutes of activity 5 times per week.

### 4. Maintain a healthy weight

*To protect your kidneys.*

- Being overweight makes your kidneys work harder. Losing weight helps kidneys last longer.
- Maintain a healthy weight (Body Mass Index (BMI) between 18.5 to 25).

### 5. Quit smoking – cigarette smoking can make kidney damage worse.

### 6. If you have diabetes, control your blood glucose levels (A1C below 7%). Good blood glucose control may help prevent or delay diabetes complications and kidney disease.

For more information, visit the Kidney Foundation of Canada website: [www.kidney.ca](http://www.kidney.ca)

## Your Next Appointment is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Other Notes/Goals: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_