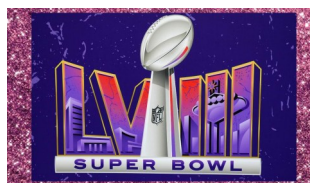


# Enjoying the Super Bowl Spread (Dialysis Edition)



The Super Bowl is a time for fun, friends, and, of course, food. However, if you need to monitor your diet for excess sodium, potassium and phosphorus navigating the party spread can be a bit challenging. Here are some tips to help you enjoy the festivities without overindulging.



## Limiting Calories

1. **Survey the Spread:** Before you start filling your plate, take a moment to see what's available. Opt for lower-calorie options like vegetable platters, lean proteins, and fresh fruit.
2. **Portion Control:** Use a smaller plate to help control portions. This can prevent you from piling on too much food at once.
3. **Choose Wisely:** Focus on foods that are filling but lower in calories. For example, grilled chicken skewers, shrimp cocktail, and salads with light dressing are great choices.
4. **Mindful Eating:** Eat slowly and savor each bite. This can help you enjoy your food more and recognize when you're full, preventing overeating.



## Limiting Potassium, Sodium, and Phosphorus

1. **Know Your Foods:** High-potassium foods include bananas, avocados, potatoes, and tomatoes. Try to limit these and opt for lower-potassium alternatives like apples, berries, carrots, and green beans.
2. **Balance Your Plate:** Include a variety of foods to ensure you're not consuming too much potassium from any one source. For example, pair a small serving of a high-potassium food with larger portions of low-potassium foods.
3. **Watch the Condiments:** Some sauces and dips can be high in potassium and sodium. Opt for lower-potassium options like hummus made from chickpeas, which are lower in potassium compared to other beans.
4. **Limit Dairy:** Dairy products can be high in potassium. Choose lower-potassium dairy alternatives like almond milk or small amounts of cheese. Cheese dips are a commonly at super bowl parties. Remember some can be enjoyed as long as portion sizes are taken account of.
5. **Plan Ahead:** If you know you'll be attending a party, try to eat lower-potassium and low sodium foods earlier in the day to balance your intake.

By following these tips, you can enjoy the Super Bowl festivities while keeping your calorie and potassium intake in check. Remember, it's all about balance and making mindful choices. As always, please speak with your dialysis dietitian on how you can best meet your nutritional goals while enjoying your favorite super bowl foods. Enjoy the game!



# Mental Health and Heart Health

For years, health care professionals thought the connection between mental health and heart health was strictly behavioral — such as a person who’s feeling down seeking relief by smoking, drinking or eating unhealthy. That thinking has started to change. Research shows possible physiological connections, too. Increasing evidence shows that biological and chemical factors that trigger mental health issues may also influence heart disease. Having mental health issues isn’t just about being unhappy; it’s having biochemical changes that predispose people to have other health issues, including heart problems. So the head-heart connection should be an important consideration in patient care.



## Depression and Other Issues

Many forms of mental health issues can affect heart disease. You can have a temporary state of depression or a more severe, clinical case. You can also have varying levels of anxiety and stress, just to name a few of the most well-known problems.

Daily stressors, such as those related to work and traumatic incidents, can increase the risk of heart disease. Social isolation and loneliness — common sources of stress — are also linked to increased risk of heart attack or stroke.

## Heart, Stroke Patients Must Be Wary

Heart disease or stroke can cause anxiety or depression. So it’s important to handle these in a healthy way. It’s not just that people with [heart disease](#) or [stroke](#) want to smoke or eat to boost their mood. They may not have the energy to get out of bed, go to rehab and do things to regain their physical health. Some might think, “I just had a heart attack, I should be depressed.” But minimizing their sadness, or dismissing it, could start them down a slippery slope.



## What You Should Do

Start by discussing how you’re feeling — physically and mentally — with your health care professional. They can help or refer you to the most appropriate care or provide the best place to start.

You should monitor the physical and mental health of yourself and your loved ones, especially those dealing with heart disease or stroke.

## Your health care professional may ask questions about your physical and mental health, such as:

- Are you still [smoking](#)?
- How are you doing with your diet?
- Are you checking your [blood pressure](#)?
- How’s your mood been?
- Are you enjoying the same things that used to?



Remember, if you’re depressed, anxious or stressed due to heart disease or stroke, you may need follow-up care. So work with your health care professional — for the sake of your mental and heart health.



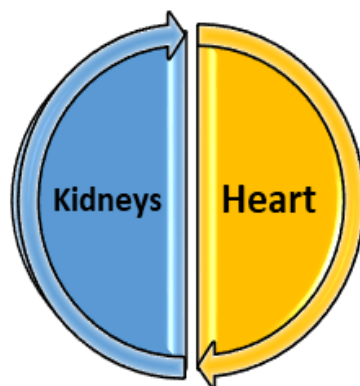
# Brrr.... It's Cold Outside: How to Stay Active During Cold Weather

Hot off the press from a QSource ESRD Network email: **Staying Active in Cold Weather**. With the amount of day light still shorter and certainly the weather still colder, this month's article will focus on ways to remain physically active safely within your own living quarters.

Being physically active is not the same as exercise. Physical activity is moving your body routinely throughout the day. During the winter months, when we tend to spend more time indoors, and perhaps holed up in our own homes, focusing on making every step or arm movement count can make a difference in how you feel mentally and physically.

The *American Heart Association* recommends that we all, regardless of our health status, be physically active, in a safe manner, at least 20 minutes each day. This might be intentionally getting up and walking the hallways and/or going up and down the stairs several times throughout the day. It might also mean doing arm exercises with small handheld weights, bottled water, canned food, or even old milk jugs rinsed and partially filled with water, whatever works for you. QSource shared a copy of chair yoga activities (see attachment) that can easily be done in the comforts of your own home.

The *American Heart Association* stresses the importance of moving more and sitting less. It has been shown in many research studies over time that moving more, even with light-intensity movements, like doing chair yoga, can offset the serious health risks associated with being sedentary or sitting most of the day. Being physically active is good for the heart and kidneys. When we take care of our heart, we are also taking care of our kidneys.



As an added bonus, being physically active throughout the day has also been shown to improve sleep, memory, mood, balance, blood circulation, and can be helpful with managing weight. Twenty minutes can pass quickly when you are intentionally thinking about moving more throughout the day. If you find this to be true, then set new time goals of how long you will be physically active each day in your own home this winter until you are able to get outdoors and walk safely in the warmer springtime weather.

