



Benefits of Being Physically Active with Kidney Disease

There are many benefits to being physically active. People who are physically active tend to have more energy, stronger muscles that can help with balance and flexibility, better control of their blood pressure, blood sugar, and weight, have lower cholesterol and triglycerides levels, and experience more restful sleep. These benefits are just as important for people living with kidney disease to experience.

It is always good to talk with your healthcare provider (doctor, nurse practitioner, or physician assistant) before starting a strenuous physical activity routine, more like an exercise program. However, there are easy ways to increase physical activity into your daily routines. Parking further away from the door is a good start. Taking the stairs when able is another positive step to increasing your physical activity. Doing arm circles, leg pumps, and other chair exercises while watching television can help move muscles while sitting (see Figure 1). Standing on one leg while holding onto the kitchen counter can help with building balance. Mixing ingredients by hand instead of using an electric mixture is another way of moving muscles while working in the kitchen.

The American Heart Association recommends at least 20 minutes of physical activity each day. This is a good goal to work towards that can gradually increase over time to 30, 45, or even 60 minutes each day, if you are able to tolerate safely. This activity does not need to take place all at once, but rather throughout the day. Walking is a common way to increase physical activity for those who can. Walking can happen outside when the weather is nice or indoors at home. Shopping malls are another good place to walk, especially when the weather is bad. There are a lot of people who walk at shopping malls for exercise.

Doing moderate physical activity allows for individuals to be able to talk with others and not feel too winded. Let your healthcare provider know if you experience shortness of breath, chest pain, irregular or rapid heart beats, become lightheaded, or develop leg cramps. Try not to be physically active immediately after eating a large meal, during the very hot times of the day, or right before going to bed.

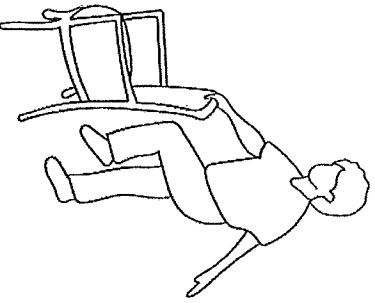
There are many ways to be physically active within the home and outdoors when appropriate. Late summer and early fall are good times to be active outdoors when able. Being active provides many health benefits both physically and mentally. Being physically active is a good way to reduce stress, build endurance, boost your mood, and improve your sleep. Ask your dialysis nurses and PCTs for more ideas of what you can do safely to be more physically active.

References:

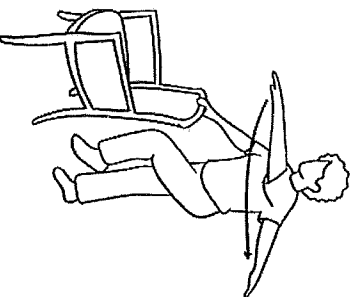
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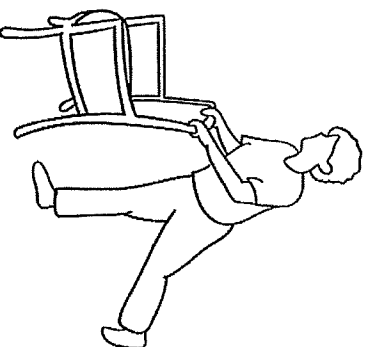
CHAIR YOGA EXERCISES FOR SENIORS



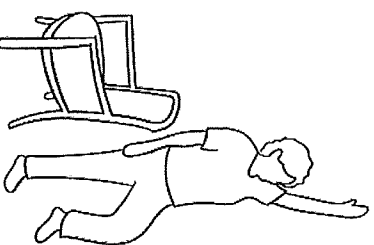
Single limb stance



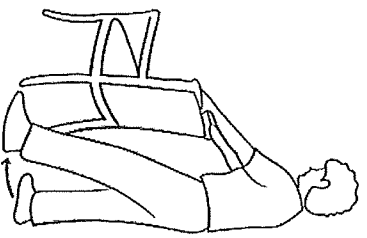
Clock Reach



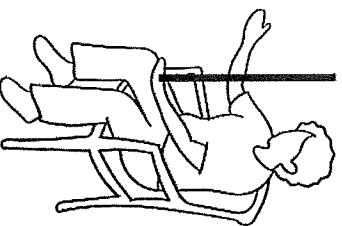
Back Leg Raises



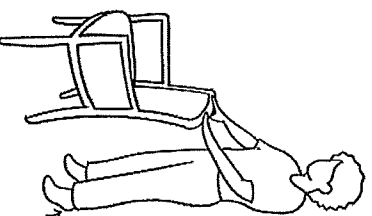
**Single Limb
Stance with Arm**



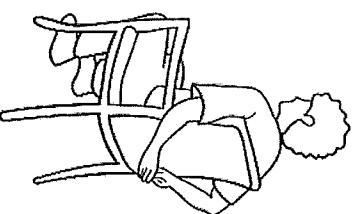
Side Leg Raise



Balancing Wand



Toe Lifts



**Hand and Finger
Exercise**



Eating Out Guide for Kidney Disease

Introduction Having kidney disease should not prevent you from eating out at your favorite restaurants. But eating out can be a challenge if you need to limit certain foods. To help you follow your diet, try these tips when dining out:

General Tips

- Plan ahead:
 - Look up the restaurant menu online to find lower sodium options or ask your registered dietitian nutritionist (RDN) to help.
 - Cut back on sodium and potassium earlier in the day or weekend.
 - Ask your RDN if meals with beans, lentils, or nuts are OK for you
- Restaurant portions can be large. Share with a friend or take half of it home.
- You can make the following special requests about the way food is prepared and served:
 - Ask that your food be prepared without salt. Do not salt your food when it arrives.
 - Request gravies, sauces, or salad dressing on the side.
 - If you need to limit fluids, ask your server to fill your glass full of ice and to remove your empty glass.

If you take phosphate binders, bring these along and take them during your meal.

American

- **Good breakfast choices** include eggs (no cheese), French toast, English muffin, hot cereal, bagel, or toast. Limit salty meats such as ham, sausage, and bacon.
- **Appetizer:** Choose plain wings or tossed salad instead of salted fried foods or potatoes.
- **Main Course:** Select unsalted, lean beef, pork, chicken, turkey, fish, or seafood that are baked, broiled, roasted, or grilled.
- **Side Dish:** Order asparagus, green beans, corn, cooked cauliflower or carrots, coleslaw, macaroni salad, rice or a dinner roll. Skip potatoes or sweet potatoes, if limiting potassium.
- **Dessert:** Choose sherbet, apple or blueberry pie, angel food cake, or a cookie without nuts or chocolate.



Italian

- **Appetizer:** Choose salad or unsalted bread. Soups and antipasto can be high in sodium.
- **Main Course:** If you need to limit potassium, choose pasta with pesto, garlic and butter, or olive oil sauces on the side, instead of tomato-based sauces.
 - Choose unsalted beef, veal, chicken, fish, and shellfish. Prosciutto, Italian sausage, and pepperoni are high in sodium
 - If you order pizza, a slice without meat may be best along with a side salad.
- **Side Dish:** If you need to limit potassium, beware of tomatoes, cooked spinach, squash, potatoes or nuts.
- **Dessert:** Choose biscotti, Italian ice, almond cake, fruit tart, or a plain pastry instead of desserts made with custard, milk, or nuts.

Fast Food

Most options are high in sodium, potassium, and phosphorus, so you will need to make careful food choices the rest of the day or weekend.

- Choose a plain hamburger, grilled chicken sandwich, or fish sandwich (without cheese or sauce) or a salad.
- Ask for a vegetable, fruit, or side salad, instead of French fries.
- Order a small non-cola beverage, if any. Do not get refills





Eating Out Guide for Kidney Disease

Continued..

Greek

- **Appetizer:** Limit olives, anchovies, fried calamari, and cheese or spinach filled pastries.
- **Main Course:** Choose unsalted, grilled fish, chicken, lamb, or beef. Gyros, souvlaki, moussaka, or pastitsio may be high in sodium.
- **Side Dish:** Ask for a Greek salad but limit the tomatoes, feta cheese, olives, and capers.
- **Dessert:** Try diples (pastries with honey), sponge or lemon cake, or butter cookies, instead of those made with custard, milk, or nuts



Mexican

- **Appetizer:** Request unsalted tortilla chips. Salsa, guacamole, bean, and cheese dips are very high in sodium and potassium.
- **Main Course:** Choose beef, chicken, seafood, or vegetarian tacos, burritos, enchiladas, tostadas, taquitos/flautas, or fajitas. Ask for beans and toppings on the side.
- **Side Dish:** Choose white rice, lettuce, sautéed onions and bell peppers, and flour tortillas. Limit beans, refried beans, cheese, and Spanish/Mexican Rice.
- **Dessert:** Try apple enchiladas, sopapillas, or churros.

Asian

Most Asian foods and sauces are high in sodium. Request that all sauces be on the side and no MSG is used. Choose ginger, hot pepper, or chili oil for added flavor instead of soy sauce or fish sauce.

- **Appetizer:** Choose a tossed salad, pot stickers, chicken wings, or spring rolls. Skip the soups since they are often high in sodium.
- **Main Course:** Choose grilled meats and vegetables or tempura fried foods, but limit the high-sodium sauces.
- Order meats, fish or shellfish that are cooked. Sushi and sashimi includes raw fish or seafood which increases your risk of food-borne illness.
- **Side Dish:**
 - White rice is a better choice than fried rice.
 - If you need to limit potassium, choose vegetables such as green beans, cabbage, carrots, onions, peppers, snow peas, and water chestnuts.
- **Dessert:** Fortune cookies.



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Preventing Suicide

Suicide is a leading cause of death.

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with the intent to end their life, but they do not die as a result of their actions.

Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to healthcare can decrease suicidal thoughts and behaviors.

Suicide is a serious public health problem.

Suicide rates increased approximately 36% between 2000–2022. Suicide was responsible for over 49,000 deaths in 2022, which is about one death every 11 minutes. The number of people who think about or attempt suicide is even higher. In 2022, an estimated 13.2 million American adults seriously thought about suicide, 3.8 million planned a suicide attempt, and 1.6 million attempted suicide.

Suicide affects people of all ages. In 2022, suicide was among the top 9 leading causes of death among age groups 10-64. Suicide was the second leading cause of death for ages 10-14 and 25-34.

Some groups have higher suicide rates than others. Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives. By race/ethnicity, the groups with the highest rates are non-Hispanic American Indian/Alaska Native people followed by non-Hispanic White people. Other Americans with higher-than-average rates of suicide are veterans, people who live in rural areas, and workers in certain industries and occupations like mining and construction. Young people who identify as lesbian, gay, or bisexual have higher prevalence of suicidal thoughts and behavior compared to their peers who identify as heterosexual.

If you or someone you know is in crisis, please contact the **988 Suicide and Crisis Lifeline**

- Call or text 988
- Chat at 988lifeline.org

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Visit the 988 Suicide and Crisis Lifeline for more information at 988lifeline.org.



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1 death every
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3.8 million
Made a plan for suicide

1.6 million
Attempted suicide



Suicide has far-reaching impacts.

Suicide and suicide attempts cause serious emotional, physical, and economic impacts. People who attempt suicide and survive may experience serious injuries that can have long-term effects on their health. They may also experience depression and other mental health concerns.

Suicide and suicide attempts affect the health and well-being of friends, loved ones, co-workers, and the community. When people die by suicide, their surviving family and friends may experience prolonged grief, shock, anger, guilt, symptoms of depression or anxiety, and even thoughts of suicide themselves.

The financial toll of suicide on society is also costly. In 2020, suicide and nonfatal self-harm cost the nation over \$500 billion in medical costs, work loss costs, value of statistical life, and quality of life costs.

Suicide can be prevented.

Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. Suicide prevention requires a comprehensive public health approach.

CDC developed the [Suicide Prevention Resource for Action](#), which provides information on the best available evidence for suicide prevention. States and communities can use the Prevention Resource to help make decisions about suicide prevention activities. Strategies range from those designed to support people at increased risk to a focus on the whole population, regardless of risk.

Strategies to Prevent Suicide



Strengthen economic supports

- Improve household financial security
- Stabilize housing



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Create healthy organizational policies and culture
- Reduce substance use through community-based policies and practices



Improve access and delivery of suicide care

- Cover mental health conditions in health insurance policies
- Increase provider availability in underserved areas
- Provide rapid and remote access to help
- Create safer suicide care through systems change



Promote healthy connections

- Promote healthy peer norms
- Engage community members in shared activities



Teach coping and problem-solving skills

- Support social-emotional learning programs
- Teach parenting skills to improve family relationships
- Support resilience through education programs



Identify and support people at risk

- Train gatekeepers
- Respond to crises
- Plan for safety and follow-up after an attempt
- Provide therapeutic approaches



Lessen harms and prevent future risk

- Intervene after a suicide (postvention)
- Report and message about suicide safely