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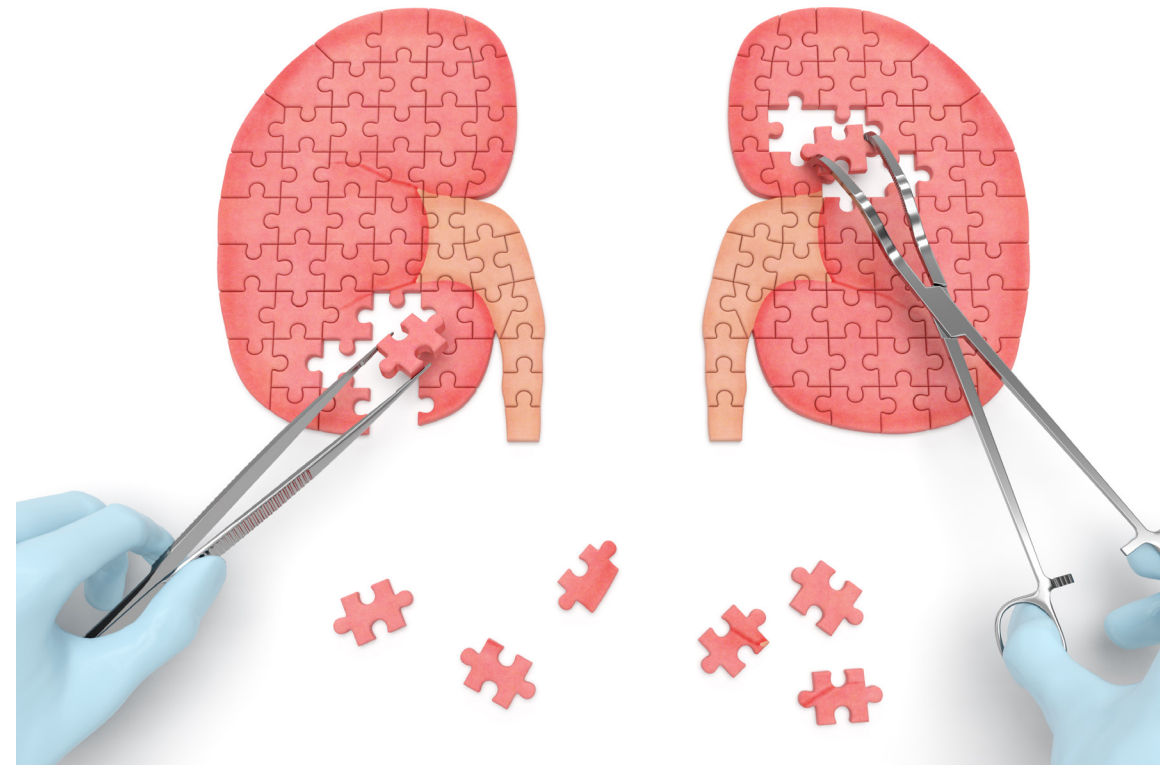
MEDICLINIC AL TAWAR DIALYSIS CENTRE



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CHRONIC KIDNEY DISEASE (CKD)



Chronic kidney disease (CKD) usually happens over time and may lead to kidney failure. If found early, it is possible to prevent kidney disease from getting worse.

When the kidneys do not work well, blood pressure, fluids and waste products can rise to unsafe levels. Examples of waste products in the blood include urea and creatinine. Certain elements (electrolytes) in your blood, such as potassium and phosphorus, may also rise to dangerous levels if your kidneys cannot remove them. Other changes can lead to low red blood cell counts in your blood (anaemia). Over time, your bones may become weak and prone to break (osteoporosis). Chronic kidney disease may increase your risk of heart disease.

How can we prevent or slow down the progress of CKD through diet?

Control your blood pressure: diet can have a great impact on your blood pressure. Make sure to adjust your diet as follows:

- Have a plant-based diet rich in whole grains, legumes (beans, lentils and chickpeas) vegetables and fruits. Those foods are rich in magnesium, *potassium and calcium which help to reduce blood pressure
- Have less foods from animal sources, especially fat rich meats and processed meats and sausages cold cuts, canned and processed meats, and animal fats
- Include more fish and seafood into your diet
- Replace saturated fats from animal sources such as butter and animal fats with plant oils such as as olive oil

**If you should follow a potassium restricted diet, make sure you speak to your dietitian about the foods that you should avoid.*

Control diabetes; goal HBA1C < 7 for most patients with CKD.

- Have a moderate amount of carbohydrates from *whole grains and low glycemic index carbs (that have less impact on elevating your blood sugar) such as whole wheat bread, brown pasta, brown rice, oats, legumes (beans, lentils, and chickpeas) quinoa and sweet potato. Don't exceed the quarter of your plate or the size of a hand fist
- Avoid refined carbohydrates such as white bread, white pasta, white rice, and baked goods containing calorie rich ingredients such as milk and fats
- Reduce simple carbohydrates such as sugar, honey, molasses, fruit juices, and desserts to a minimal amount (< 10 g per day)
- Have about half of your meal composed of *vegetables, fibres help to regulate your blood sugar levels
- Have a moderate amount of fruits since they are rich in sugars and can increase blood sugar levels
- Make sure you have enough healthy protein-rich foods, almost a quarter of your plate. Recommended protein rich foods are lean red meat, chicken breast, baked fish, eggs and plant based protein sources as legumes, and tofu

**If you should follow a potassium restricted diet, make sure you speak to your dietitian about the foods that you should avoid*

Control blood lipids: elevated blood lipids can largely be hereditary, however following a healthy diet can positively impact your blood lipids

- Make sure you follow a low to moderate fat diet by avoiding cooking methods using frying and addition of creams and butters
- Have less foods from animal sources, especially fat rich meats and processed meats and sausages cold cuts and canned and processed meats. Choose fresh low fat (lean) meats
- Have low fat dairy products (milk, yoghurt and cheese) instead of full fat dairy
- Replace animal fats as much as possible by using a moderate quantity of plant based oils such as olive oil, vegetable oil, avocado oil and nut oils.
- Have more fibre intake from fresh vegetables, whole grains and fruits. Fibre helps in controlling blood cholesterol levels

Control your weight. Weight is associated with extra stress on the kidneys, wearing them out more quickly. Weight reduction requires a multidisciplinary approach with several healthcare providers on board such as the physician, dietitian, psychiatrist and psychologist, and sometimes the bariatric surgeon

- Consult with your physician to rule out the presence of any obesity related health problem to have the right treatment
- With the help of your dietitian, look into your lifestyle and habits that might have contributed to weight gain. Set step by step goals to work on changing those habits and follow a low calorie diet to reach your goals
- Mental health issues such as anxiety and depression can have a great impact on our eating habits. Seek the advice of your psychiatrist or psychologist if you are suffering mentally or if your health care providers recommend
- In certain cases, a bariatric surgery might be recommended. Your health care provider can recommend whether it is needed to have a consultation with a surgeon for this sake

Increase you activity level: Increasing activity can positively impact your overall health including your blood pressure control, diabetes and weight which eventually improves your kidney conditions. If you are not active, take the first step of increasing your day to day activities such as climbing stairs, going for walks, and planning activities with family and friends that involve some activity.



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