Healthy living for people with kidney disease

Delivering the best in care

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm
Introduction
This leaflet gives general lifestyle tips together with specific advice for people with kidney disease on how to keep as well as possible. Living a healthier lifestyle helps to reduce the risk of illness.

General lifestyle tips
There are a number of simple tips to promote good health. These include:

• Do not smoke
• Reduce the amount of cholesterol, sugar and salt in your diet
• Maintain a healthy blood pressure
• Exercise regularly and avoid stress
• Maintain a healthy weight
• If you have diabetes, keep your blood sugar levels under control
• Protect yourself from the sun. Cover up, keep in the shade, apply sunscreen and never burn
• Drink alcohol in moderation
• Visit your dentist regularly
• Stay warm in the winter

Kidney health advice
Having kidney problems puts you more at risk of serious illness and increases the effects of certain infections. People with a long term condition such as kidney disease can benefit from being involved in and taking responsibility in their own health and well-being. Benefits include greater control, independence and a better quality of life.
At all stages of kidney disease you can help to look after your kidneys. The following points give you specific advice.

- Get involved in your own care. This means working with people who support your care to learn more about your condition, how to stay fit, maintain good physical and mental health, prevent illness and become an expert.

- With your healthcare team record and jointly agree a tailored plan of care or dialysis prescription based on your personal needs

- Know your blood results and what they mean (see separate leaflet)

- Eat a balanced diet by following your personal diet and fluid intake

- Keep in regular contact with your healthcare team. Attend your review appointments and talk about your treatment, symptoms or any concerns.

- Take your medications as prescribed by your doctor. Before buying any medications over the counter (e.g. in a supermarket or pharmacy) please tell the pharmacist about your kidney problems and the medications you are prescribed. Always take a current list of your medications to any doctor’s appointments.

- Have the seasonal flu-jab every autumn. The anti-pneumococcal vaccination is also important and will protect you against a specific serious chest infection called pneumococcal pneumonia

- Participate in the regular screening programmes to check for MRSA, Hepatitis B, Hepatitis C and HIV

- If you are on peritoneal dialysis or haemodialysis treatment using a line, follow the advice given to you about the care of your line or peritoneal dialysis catheter and report any problems promptly (see separate leaflets). Because lines make you more prone to infection, we would always
suggest that you have a fistula formed for haemodialysis

• If you feel unwell or need advice please contact your kidney doctor or nurse

Where can I find further sources of information?

• Kidney specific information can be obtained from:
  • Kidney Care UK www.kidneycare.nhs.org
  • Kidney Research UK www.kidneyresearchuk.org
  • National Kidney Federation (NKF) www.kidney.org.uk
  • Renal Patient View www.renalpatientview.org

There are a number of useful websites that offer further information:

NHS Stop Smoking Services website: www.smokefree.nhs.uk

There is a free smoking helpline: 0300 123 1044
Monday – Friday 09:00 – 20:00 and Saturday and Sunday 11:00 – 16:00

Alcohol Change: www.alcoholchange.org.uk/

NHS Immunisation Information: https://www.nhs.uk/conditions/vaccinations/?tabname=adults

NHS Choices Sun Protection: www.nhs.uk/Livewell/Summerhealth/Pages/Sunprotectioneyesandskin.aspx

Additional Sources of Information:

Go online and view NHS website for more information about a wide range of health topics www.nhs.uk
A wide range of local information leaflets are available.
Useful numbers

301 Acute Renal  0121 371 3096
301 Chronic Renal  0121 371 3011
Aston Cross Dialysis Centre  0121 359 8427
Great Bridge Dialysis Centre  0121 557 5538
City Hospital Renal Dialysis Unit  0121 507 4014
Kings Norton Dialysis Centre  0121 459 9002
Lichfield Renal Unit  0154 325 0976
Kidderminster Renal Unit  01562 826 370
Hereford Dialysis Centre  01432 274 603
Woodgate Valley Dialysis Centre  0121 421 0090
Worcester Dialysis Centre  01905 721 940
Smethwick Dialysis Unit  0121 371 8321

Renal Assessment Unit

Telephone: 0121 371 3017/3024       Portable: 0121 371 7690
The Renal Assessment Unit is available 08.00–20.00 Monday – Friday, 08.00–16.00 Saturday and Sunday. Outside of these hours the on-call renal registrar can be contacted by ringing the Queen Elizabeth Hospital Birmingham switchboard on 0121 627 2000.

CAPD
0121 371 8720/8719
Monday–Friday 09.00 – 17.00

CKD Community Support Team
0121 371 8761
Monday–Friday 09.00 – 17.00
Please use the space below to write down any questions you may have and bring this with you to your next appointment.
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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk or call 0121 627 7803

Renal Unit
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 627 2000