

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham
NHS Foundation Trust



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:
- The National Kidney Federation www.kidney.org.uk
- NHS Kidney Care www.kidneycare.nhs.uk
- Kidney Research UK www.kidneyresearchuk.org
- Kidney Alliance www.kidneyalliance.org
- Renal Patient View www.renalpatientview.org
- West Midlands Renal Network website www.wmrn.co.uk

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: 0800 022 4332

Monday – Friday 09:00 – 20:00 and Saturday and Sunday
11:00 – 17:00

Birmingham's 'Call to Quit' smoking line: 0800 052 5855

Alcohol Concern: www.alcoholconcern.org.uk

NHS Immunisation Information: www.immunisation.nhs.uk

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

Expert Patient Programme: www.expertpatients.co.uk

Additional Sources of Information:

Go online and view NHS Choices 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	01532 262 363
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

Kidney Assessment Team

07766 500 092

Monday–Friday 08:00–20:00

Saturday & Sunday 08:00–16:00

CAPD

0121 627 2515

Monday–Friday 09:00 – 17:00

Pre-dialysis Team

0121 627 5752

Monday–Friday 09:00 – 17:00



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

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