

Lifestyle Changes with CKD

If you have CKD, or chronic kidney disease, making healthy changes to your lifestyle can help protect your kidneys from further damage. Venus Dickinson knows that very well.

"When a doctor diagnoses you with it, ask what foods you can eat. What foods you're not supposed to eat. Take your health serious. You only get one body and if you don't get a transplant, this is your life."

– Venus, Patient

"Patients with chronic kidney disease are oftentimes very concerned that when they come to see their kidney doctor that they're going to need dialysis immediately. But that is not the case."

- Dr. Aaron Dall, Nephrologist/Kidney Specialist

It is a small percent of patients with chronic kidney disease that end up progressing to stage 4 and then stage five chronic kidney disease and require dialysis or transplantation therapy."

There are a number of good ways to take care of yourself and protect your kidneys from further damage.

"Smoking, not smoking, and really weight loss, getting exercise, eating appropriately, all basically go into being healthier and hopefully helping slow the rate of decline, or decrease the chance of having worsening kidney function." – Dr. Aaron Dall, Nephrologist/Kidney Specialist

Registered dietitians can help you learn ways to eat better to protect your kidneys or to control your weight. They will create a special diet just right for you.

"Take it one step at a time, make small changes. You need to be proactive. You need to understand why these are important and work with your dietitian and your physician to work your favorites into your diet."

- Kelly Welsh, RD, CD Renal Dietician

People with Chronic Kidney Disease may also have other complications that are important to control. Rogelio Garcia has two of the most common health issues... high blood pressure and diabetes.

"Both diabetes and high blood pressure can have an effect on blood vessels and that effect can be in those very small blood vessels that are inside the kidney, and cause over time scarring of the kidney and damage to the kidney." – Dr. Aaron Dall, Nephrologist/Kidney Specialist

Rogelio has made important changes to live healthier with Chronic Kidney Disease.

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"It's a lifestyle change definitely. But once you become accustomed to it it's like everyday business you don't even think twice about." – Rogelio, Patient

Venus Dickinson agrees.

"If you don't take control of it, it's up to you. It's really up to you to take it to heart." – Venus, Patient

Take it to heart, and take it one step at a time. Focus on the positive changes you're making with the advice of your healthcare team for the long-term health of your kidneys.