

HEALTHY LIFESTYLE CHRONIC KIDNEY DISEASE



HEALTHY LIFESTYLE

High blood pressure, diabetes, Chronic Kidney Disease (CKD) and Cardiovascular Disease (CVD – that affects the heart and arteries) are closely connected. Both high blood pressure and diabetes can affect the arteries in the body by causing reduced blood flow to the kidneys, heart, brain, eyes and legs. The reduced blood flow can damage these organs, which will lead to CKD and CVD.

WHAT HAPPENS IN CVD?

CVD causes hardening of the arteries, this is called atherosclerosis. Also, there is narrowing of the artery walls due to deposit of fatty substance known as atheroma. This process reduces or blocks the flow of blood through the affected artery, reducing the amount of oxygen and nutrients it needs. This can cause a heart attack or stroke.

HOW CAN YOU PROTECT YOURSELF FROM THE RISK OF CVD?

- Take your medicines as prescribed by your doctor
- Do not miss your follow-up visits with doctor/nurse/diabetes team
- Maintain a healthy lifestyle.

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HEALTHY LIFESTYLE RECOMMENDATIONS:

PHYSICAL EXERCISE

- Try to be as active as possible
- If physically able, get regular moderate physical exercise (e.g. brisk walking 30 minutes most days of the week). For those who are not currently active, low levels are recommended initially with a gradual increase.
- Some examples of other beneficial exercises: cycling, swimming, dancing and using the staircase more often than the lift.
- Physical exercise is effective only if it is done on a regular basis (See “Physical Exercise”).

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DIET



FOOD

Eat a balanced and healthy diet, with at least 3 meals well spaced over the day:

- Increase the amount of fruit and vegetables (5 portions a day), unless you have been told otherwise because of high blood potassium levels (See “Low-potassium diet”).
- Eat more fish and prefer red meat. In Stage 3 CKD, less intake of protein may be indicated to help slow CKD progression.

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- Reduce the amount of fat, especially saturated fats (e.g. butter, cheese, cream and fatty meats, sausages, hamburgers, chicken skin and fat, bacon and fried foods).
- Before cooking any meat, trim off all visible fat.
- Use unsaturated oils (e.g. olive oil, sunflower oil, rapeseed oil, peanut oil). Avoid/limit consumption of food products containing 'hydrogenated vegetable oil' (i.e. Trans-fat found in biscuits, cakes, chocolate and processed foods).



Olive oil



Sunflower oil



Peanut oil

- Use healthy cooking methods (e.g. grilled, oven baked, boiled and steamed) instead of frying. Fried foods contain a lot of calories; frequent consumption can easily lead to weight gain. In addition, the frying process increases oil content, which can cause high cholesterol level in blood, leading to heart disease.
- Reduce salt (sodium) intake and avoid salty foods (e.g. salted chips, tinned foods, processed sauces, salted nuts, cured cheese, cured pork products and commercialised precooked foods). Also, avoid the use of other salty products in cooking and the consumption of processed soups (in powder or instant form). Do not use products known as
- 'Lo Salt' as they contain potassium. (See "Low-salt diet").



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- If you eat out often, ask for less salty and nonfried foods. As a side dish, choose vegetables or salad, instead of fried chips or a high carbohydrate choice. For dessert, select fruit instead of other product which is rich in sugar and fat content.



FLUID INTAKE

- Water: drink at least 1500ml of water each day (7 to 8 glasses) – unless your doctor/nurse has restricted you to a lesser amount. Limit the intake of soft drinks.
- Coffee or tea: do not take more than 2 cups a day
- Wine and beer: do not take more than 2 units a day (e.g. a small glass of wine) for a woman or light weight man and 3 units a day for a man.
- Limit alcoholic drinks such as whisky, brandy, rum, vodka and others.

Should you be overweight, try to lose weight by doing regular physical exercise, following healthy eating habits and limiting alcoholic drinks (rich in calories).



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The table below shows guidelines about the high and low amount in total fat, saturated fat, sugars and salt per 100g of a food product:

Total Fat	<p>High = more than 17.5g of fat per 100g Low = 3g or less of fat per 100g</p>
Saturated Fat	<p>High = more than 5g of saturated fat per 100g Low = 1.5g or less of saturated fat per 100g</p>
Sugars	<p>High = more than 22.5g of total sugars per 100g Low = 5g or less of total sugars per 100g</p>
Salt (Sodium)	<p>High = more than 1.5g of salt (0.6g sodium) per 100g Low = 0.3g or less of salt (0.1g sodium) per 100g</p>

Source:

<http://www.nhs.uk/Livewell/goodfood/pages/food-labelling.aspx#gu>

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DO NOT SMOKE

If you smoke, you should try to seek for support to help you stop smoking. You can discuss this with your doctor or nurse. (See “Stop Smoking”)

WHERE CAN YOU GET MORE INFORMATION ABOUT HEALTHY EATING?

You can get more information from your renal nurse and dietitian.

SOME RELIABLE WEBSITES:

- <http://www.bhf.org.uk/heart-health/prevention/healthy-eating.aspx>
- http://www.diabetes.org.uk/Guide-to-diabetes/Healthy_lifestyle/Eating_Well/
- http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm



Eat less & occasionally: high salt and fat contents

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KEY POINTS TO REMEMBER

- To reduce your risk of having CVD, besides taking your medicines correctly and not missing your follow-up visits, you need to maintain a healthy lifestyle:
- Keep yourself as physically active as possible
- Know how to make sensible food choices and adapt your eating habits to enjoy a healthy balanced diet
- Drink at least 7 to 8 glasses of water every day, unless your doctor/nurse has told you otherwise
- Limit the consumption of alcoholic drinks
- Do not smoke.

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