



GOOD HEALTH

P A T I E N T N E W S L E T T E R

HEART HEALTH: FEBRUARY IS AMERICAN HEART MONTH!



- Heart disease is the leading cause of death in the United States.
- Heart disease can lead to heart failure or a heart attack.
- High cholesterol and high blood pressure can increase your risk of heart disease.

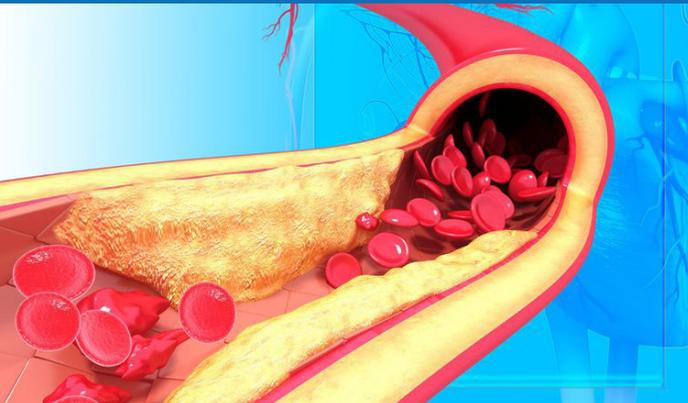


**HEART FAILURE
WAS A CONTRIBUTING
CAUSE OF
1 IN 8
DEATHS IN 2017**



**ABOUT
6.5 MILLION
ADULTS IN THE UNITED
STATES HAVE HEART
FAILURE**

AM I AT RISK?



If you are on dialysis, and have one or more of the following medical problems, you may be at risk for heart disease:

- **Diabetes**
- **High cholesterol**
- **High blood pressure**
- **Low blood count**
- **High potassium**
- **Obesity**

High blood pressure, or hypertension, and diabetes are the two leading causes of kidney disease.

IN ADDITION TO KIDNEY DISEASE, HIGH BLOOD PRESSURE CAN CAUSE:

- **Vision loss**
- **Stroke**
- **Heart failure**
- **Heart attack**
- **Sexual problems**



Unhealthy behaviors can also increase your risk for heart failure. Some of those unhealthy behaviors include:

- **Smoking or chewing tobacco**
- **Eating foods high in fat, cholesterol and sodium**
- **Lack of exercise**
- **Drinking too much alcohol**

WHAT CAN I DO?

- Eat healthy, low fat and low cholesterol foods
- Do not smoke
- Maintain a healthy weight
- Avoid salty food, and do not add extra salt to food. Also avoid salt substitutes because they can be high in potassium.



Information obtained from the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention <http://www.cdc.gov/dhdsp>



WHY DOES IT MATTER IF I GAIN TOO MUCH FLUID BETWEEN MY TREATMENTS?

Having kidney disease and being on dialysis is challenging, and it can be hard to manage your fluids. Fluid gains happen because of a decrease in urine output and an increase in fluid intake. You are on dialysis because your kidneys do not work like they should.

When your kidneys fail and you go on dialysis, the dialysis machine helps do what your body would normally do. Before dialysis, your kidneys did all the work 24 hours a day, 7 days a week. Now, you are prescribed dialysis so many times a week, and dialysis only replaces a small portion of what normal kidneys do. Too much fluid gained between treatments can cause problems and make you feel bad. Below are common symptoms of excess fluid gains:

- Headaches
- Low energy
- Swelling in your hands, feet, and face
- Difficulty breathing, feeling short of breath
- Long-term heart damage
- High blood pressure

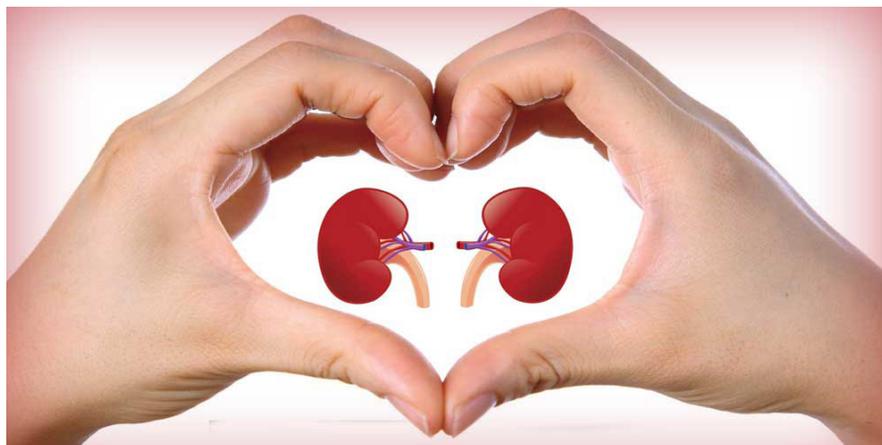
References:

www.davita.com
www.freseniuskidneycare.com

Here are some tips to help manage fluid gains:

- Use less salt, try using natural flavor from lemons, onions, and garlic.
- Measure how much fluid you take in daily. Fluids are not just what you drink, but anything that has high water content, liquid, or becomes liquid (for example, Jell-O, gravy, or watermelon).
- Freeze fruit, like grapes, strawberries, or blueberries to snack on.
- Freeze your drink, and sip it as it melts.
- Have a piece of sugar-free gum or hard candy.
- Rinse your mouth with water or mouthwash.
- Keep cool, especially when it is hot outside.

The dietician can help you make an individualized plan with choices that are good for you. Talk to the dietician at your clinic about your needs.



To file a grievance, please contact Network 8 by phone at 1-877-936-9260, by email at nw8info@allianthealth.org, or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157.

Visit www.esrdnetwork8.org for more information.
Produced under CMS Contract HHS-500-2016-00008C.