New Year - New Goals

Check out the End Stage Renal Disease (ESRD) National Coordinating Center (NCC) patient-developed resource: Getting Back to Me: A Goal-Setting Journey, and start working on your goals for the New Year.

- Decide what is most important to you. For example, “Do you want to work or take weekly walks at the park?”
- Set a goal that you think you can reach.
- Identify small steps you can take to help you reach your goal.
- Set a time frame to complete each step.
- Don’t be afraid to ask for help.
- Be proud of the efforts you make, even if there are setbacks.
- Stay focused on the end goal.

Know Your Labs

**ALBUMIN:** Albumin is a protein made in the liver. An albumin level of 4.0 is your target. Protein helps build muscle, heal wounds with new tissue growth, and fight infection.

**HEMOGLOBIN:** Hemoglobin is a protein in red blood cells that carries oxygen. If your red blood
cells are low, your heart will have to work extra hard to get oxygen where it is needed. A level of 10-12 is your target.

**PHOSPHORUS:** Healthy kidneys remove extra phosphorus from the body through urine. If you do not have normal kidney function, the extra phosphorus can build up in your blood. Most people on dialysis must avoid eating foods high in phosphorus and take phosphate binders to help decrease phosphorus. If there is too much phosphorus in the blood, calcium is pulled out of the bones, and this can cause bone disease. The ideal range for phosphorus is 3.0-5.5.

**CALCIUM:** Calcium is a mineral that is important for bone health. Calcium is found in many foods and common dialysis medicines called phosphate binders. Be sure to take your binders as directed, and work with your dietitian to keep your calcium in balance. Calcium should range from 8.5-10.

**POTASSIUM:** Potassium is a mineral that is found in many foods you eat. It is also removed by healthy kidneys, but can build up in patients with kidney disease. Often, there are no signs of high potassium, and high levels can affect your heart. You should limit foods and drinks high in potassium while maintaining a safe range of 3.5-5.5.

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**Kidney-Friendly Recipe**

*Recipe courtesy of Fresenius Kidney Care*

**Blueberry Muffins**

- ½ cup unsalted butter
- 1 ¼ cups sugar
- 2 eggs
- 2 cups 1% milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 ½ cups fresh blueberries
- 2 teaspoons sugar (for topping)-optional

**Directions**

1. Using a mixer set on low speed, blend margarine and sugar until creamy and fluffy.
2. Add eggs one at a time and mix until blended.
3. Sift dry ingredients and add alternately with milk.
4. Mash ½ cup blueberries and stir in by hand. Then add remaining blueberries and stir in by hand.
5. Spray muffin cups and surface of pan with vegetable oil. Place muffin cups in tin.
6. Pile muffin mixture high in each muffin cup. Sprinkle sugar over muffin tops.
7. Bake at 375° F for 25–30 minutes. Cool in pan for at least 30 minutes before removing carefully.

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To file a grievance, please contact Network 8 by phone at 1-877-936-9260, by email at info@nw8.esrd.net, or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157.

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