Know How your Kidneys

Keep Your Bones Healthy

Your kidneys do more than filter wastes and extra fluid from your blood. They also help keep bones healthy, help create red blood cells, and help regulate blood pressure.

Healthy Kidneys

- Remove extra phosphorus from your blood
- Help your body use vitamin D to absorb calcium which promotes bone formation
- Keep the right amount of phosphorus and calcium balanced in your body

If You Have Chronic Kidney Disease

- Your kidneys can’t remove extra phosphorus, so too much stays in your blood
- Your body can’t use vitamin D the right way to absorb calcium, so not enough calcium stays in your blood
- The amount of phosphorus and calcium in your body becomes unbalanced. This causes your body to remove calcium from your bones, making them weak and brittle.

Steps to Prevent Bone Disease

If you have kidney disease, it is important to take steps to prevent bone disease. Follow your doctor’s treatment plan and work with your dietitian to stay as healthy as you can.

- Limit foods high in phosphorus
- Take phosphate binders
- Take a calcitriol supplement
- Get regular exercise
- Do not smoke or use tobacco

Limit High-Phosphorus Foods

- Canned fish, meat, poultry, fish, dairy, fast food, soft drinks, nuts and seeds, whole grains, beer

CHECK LABELS FOR HIDDEN "PHOS"

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1-800-638-8299