Maintaining a Healthy Weight: Pre and Post Transplant

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The average weight gain in 1 year after kidney transplant is about…

• 5 pounds
• 10 pounds
• 15 pounds
• 20 pounds or more
Why does this happen?

- Diet
- Activity
- No more restrictions
- Medications
- Change in metabolism
Obesity at the time of kidney transplant has been associated with which poor outcome?

- More rejection
- Lower kidney function
- Less survival
- Wound healing complications
- All of the above
Body Mass in Dialysis

• Heavier patients do better on dialysis

• Why this occurs is not clear
  – Access to nutrition
  – Less inflammation

• Most Transplant Programs have weight restrictions
  – Obese patients have more complications
  – Usually BMI 32-40
Losing Weight During Dialysis

- Weight loss in dialysis must be carefully done under the watch of a doctor and dietitian
- Poor nutrition, particularly protein malnutrition, results in many poor outcomes
Health and Weight in the General Population

- Normal weight and physically active - Best
- Overweight and physically active - Next best
- Normal and weight and sedentary - Third best
- Overweight and sedentary - Worst
In patients with kidney disease, what amount of walking provides positive benefits?

- 2,000 steps a day
- 4,000 steps a day
- 7,000 steps a day
- 10,000 steps a day
- More than 10,000 steps a day
Physical Activity is Important

- About 4,000 steps daily seems to be an important target
- Addition of some type of “resistance” activity 2-3 times a week is likely important
Maintaining a “renal diet” would prevent weight gain after transplant

• True
• False
Renal Diet versus Post-Transplant Diet

• Renal Diet
  – Protein controlled (phosphorus)
  – More use of carbohydrate and fat
  – Lower in fruits and vegetables (potassium)

• Recommended Post Transplant Diet
  – Less carbohydrates
  – More fruits and vegetables
  – Proper protein intake
What is the chance that a kidney transplant patient with a normal BMI (18.5-24.9) will be obese (BMI > 30) at 1 year?

• 5%
• 10%
• 20%
• 30%
What strategies do we take to avoid weight gain?

• “Eat less, move more”

• Individualized nutrition and lifestyle plan
  – # calories
  – Type of food
  – Activity recommendations
  – Medication management
  – Observation for diabetes/control of diabetes
Live Q&A

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