

# Maintaining a Healthy Weight: Pre and Post Transplant

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Dr. Brent Miller

# Thanks to our speaker!

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Brent W. Miller, M.D.,

- Professor of Medicine and Clinical Chief of Nephrology at the Indiana University School of Medicine.
- Dr. Miller has earned several honors and awards, including the United Way of Greater St. Louis Health Professional of the Year Award in 2000.
- He is a member of the American Society of Nephrology and the American Society of Transplantation.

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

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- 5 pounds
- 10 pounds
- 15 pounds
- 20 pounds or more



# Why does this happen?

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- Diet
- Activity
- No more restrictions
- Medications
- Change in metabolism



## **Obesity at the time of kidney transplant has been associated with which poor outcome?**

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- More rejection
- Lower kidney function
- Less survival
- Wound healing complications
- All of the above

# Body Mass in Dialysis

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- 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

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- 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

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- Normal weight and physically active - Best
- Overweight and physically active - Next best
- Normal weight and sedentary - Third best
- Overweight and sedentary - Worst





## In patients with kidney disease, what amount of walking provides positive benefits?

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- 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

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- 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

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- True
- False

# Renal Diet versus Post- Transplant Diet

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- 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?**

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- 5%
- 10%
- 20%
- 30%

# What strategies do we take to avoid weight gain?

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- “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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Type in your questions now!

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