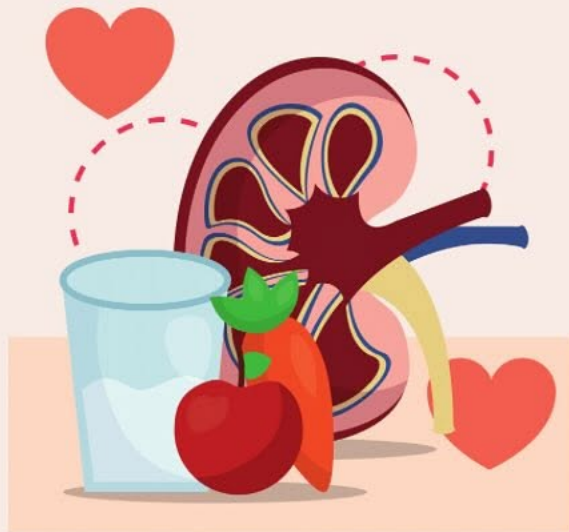


Why is diet so important in kidney disease?



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- Delays progression
- Prevents malnutrition
- Helps to manage fluid
- Helps to manage waste products
- Prevents metabolic complications



Aim is for optimal quality of life

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Stage 1-3a kidney function (egfr) 90-45

Aim is to minimise risk of CKD progression:

Reduce salt intake to 5g /day

Diet and lifestyle advice to control weight, blood pressure and diabetes.



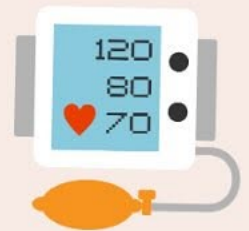
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Stage 3b

Kidney function (egfr) 44-30

Monitor electrolytes and blood pressure, continue to follow a low salt diet and encourage diabetes control.

Dietary input from a specialist renal dietitian is not always necessary at this stage , may depend on individual biochemistry and other medical conditions.



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Stage 4-5

Kidney function (egfr) 29-15

Biochemistry imbalance is likely at this stage and can impact some more than others.

Medication may be needed to improve levels alongside individualised dietary input.



Taste changes and loss of appetite may occur as urea and creatinine levels elevate



Dietetic input is paramount to prevent malnutrition and ensure stable biochemistry

Fluid restrictions may also be put in place to help if fluid retention is a concern.



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Stage 5

kidney function (egfr) <15

Patients may experience nausea or vomiting
Loss of appetite, being tired.
Itching., reduced urine output, swelling,
especially around the legs and ankle.



A renal dietitian will provide individualised dietary advice with emphasis on optimal nutritional status and limiting metabolic complications



Depending on symptoms patient may need to start renal replacement therapy.

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Take home message

DON'T FORGET

- Your diet plays a fundamental role in the treatment plan for kidney disease
- Renal dietitians offer detailed individual dietary advice that may help slow down CKD progression.
- They can support and educate on how to incorporate dietary requirements if you have more than one health condition.
- They offer advice and explain choices in drug therapy for high phosphate levels.
- Loss of appetite and unintentional weight loss should be discussed with the dietitian, especially if you have made dietary changes without discussing this through first.

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