

Volume 13, Issue 5 — May 2018

Phosphorus and Your CKD Diet

What is phosphorus?

Phosphorus is a mineral found in your bones. Along with calcium, phosphorus is needed to build strong healthy bones, as well as, keeping other parts of your body healthy.

Why is phosphorus important to you?

Normal working kidneys can remove extra phosphorus in your blood. When you have chronic kidney disease (CKD), your kidneys cannot remove phosphorus very well. High phosphorus levels can cause damage to your body. Extra phosphorus causes body changes that pull calcium out of your bones, making them weak. High phosphorus and calcium levels also lead to dangerous calcium deposits in blood vessels, lungs, eyes, and heart. Phosphorus and calcium control are very important for your overall health.

What is a safe blood level of phosphorus?

A normal phosphorus level is 2.5 to 5.5 mg/dL. Ask your doctor or dietitian what your last phosphorus level was and write it down to help keep track of it.

Will dialysis help with phosphorus control?

Yes. Dialysis can remove some phosphorus from your blood. It is important for you to understand how to limit build-up of phosphorus between your dialysis treatments.

How can I control my phosphorus level?

You can keep your phosphorus level normal by understanding your diet and medications for phosphorus control. Phosphorus can be found naturally in foods (organic phosphorus) and is naturally found in protein-rich foods such as meats, poultry, fish, nuts, beans and dairy products. Phosphorus found in animal foods is absorbed more easily than phosphorus found in plant foods.

Phosphorus that has been added to food in the form of an additive or preservative (inorganic phosphorus) is found in foods such as fast foods, ready to eat foods, canned and bottle beverages, enhanced meats, and most processed foods. Phosphorus from food additives is completely absorbed. Avoiding phosphorus additives can lower your intake of phosphorus. Phosphorus additives are found on the list of ingredients on the nutrition facts label. Look for "PHOS" to find phosphorus additives in the food.

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There's *more* to The Mercy Touch[®].

Mercy Dialysis Product Pages

— *nutrition news you can use!*



Better Choice:

Avoid:

A Message from our Medical Director, Dr. Yacoub (or whatever you want it to be called)

May Recipe

Ingredients

Makes 8, 1/2 cup servings

Nutrients for 1/2 cup serving:

Calories	76.3kcal
Fat	0.3g
Cholesterol	0mg
Carbohydrates	4.8g
Protein	<1g
Sodium	15.6mg
Fiber	<1g
Potassium	89.1mg
Phosphorus	10.9mg
Calcium	61.3mg

Directions



Phosphorus and Your CKD Diet Continued

Phosphorus additives found in foods include:

- Dicalcium phosphate
- Disodium phosphate
- Monosodium phosphate
- Phosphoric acid
- Sodium hexameta-phosphate
- Trisodium phosphate
- Sodium tripolyphosphate

Tetrasodium pyrophosphate

Your dietitian and doctor will help you with this. Below is a list of foods high in phosphorus:

HIGH PHOSPHORUS FOOD TO LIMIT OR AVOID

Beverages	beer/ale	chocolate drinks
	cocoa	dark colas
	drinks made with milk	pepper type soda (Dr Pepper)
	canned iced teas	bottled beverages with phosphate additives
Dairy Products	Cheese	liquid nondairy creamer
	custard	ice cream
	milk	pudding
	cream soups	yogurt (Greek type acceptable)
Protein	oysters	sardines
	beef liver	chicken liver
	fish roe	organ meats
Other foods	Chocolate candy	most processed/prepared foods
	caramels	pizza
	oat bran muffin	brewer's yeast

What medications are for phosphorus control?

Your doctor may order a medicine called a phosphate binder for you to take with meals and snacks. This medicine will help control the amount of phosphorus your body absorbs from the foods you eat. There are many different kinds of phosphate binders. Pills, chewable tablets, powders, and liquids are available. Some types also contain calcium, while others do not. You should only take the phosphate binder that is ordered by your doctor or dietitian.

<https://www.kidney.org/atoz/content/phosphorus>



National Kidney Foundation®

Depression and Mental Health in CKD & ESRD patients

Depression is well known to affect those with end-stage renal disease (ESRD), in part attributed to psychosocial, behavioral and biologic changes that accompany dialysis. Depression has been associated with poor quality of life and adverse medical outcomes in patients with CKD or ESRD.



Biological Changes:

- Several studies have supported a “bidirectional” association between inflammation and depression in chronic illness
- Another biological mechanism that may lead to depression is the direct effect of comorbid cerebrovascular disease
 - Highly prevalent in patients with kidney disease
 - Affects mood regulatory functions of the brain

Psychosocial Changes:

- In patients with ESRD, higher depressive symptoms associated with lower quality of life, fatigue, pain, sleep disturbances and sexual dysfunction.
- Depression may contribute to the development of CKD through higher rates of adverse health risk behaviors such as smoking, sedentarism, and obesity.
- Patients with depression have:
 - Significantly less integration into the community
 - Less social support
 - Lower quality of life

Behavioral Changes:

- Increased burden of self-care related to CKD and ESRD may lead to depression, including:
 - Hospital visits
 - Dietary restrictions
 - Increased pill burden
 - Home monitoring of glucose, blood pressure and weight
 - Traveling to the clinic 3x a week
 - Performing daily home PD

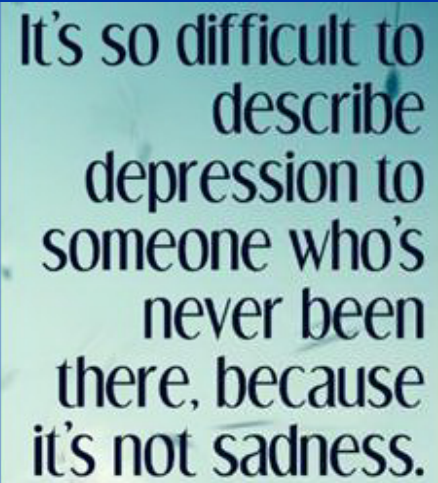
Understanding depression in a friend or family member:

Depression is a serious condition. Don't underestimate the seriousness of depression. Depression drains a person's energy, optimism, and motivation. Your depressed loved one can't just "snap out of it" by sheer force of will.

The symptoms of depression aren't personal. Depression makes it difficult for a person to connect on a deep emotional level with anyone, even the people he or she loves most. In addition, depressed people often say hurtful things and lash out in anger. Remember that this is the depression talking, not your loved one, so try not to take it personally.

Hiding the problem won't make it go away. Don't be an enabler. It doesn't help anyone involved if you are making excuses, covering up the problem, or lying for a friend or family member who is depressed. In fact, this may keep the depressed person from seeking treatment.

You can't "fix" someone else's depression. Don't try to rescue your loved one from depression. It's not up to you to fix the problem, nor can you. You're not to blame for your loved one's depression or responsible for their happiness (or lack thereof). Ultimately, recovery is in the hands of the depressed person.



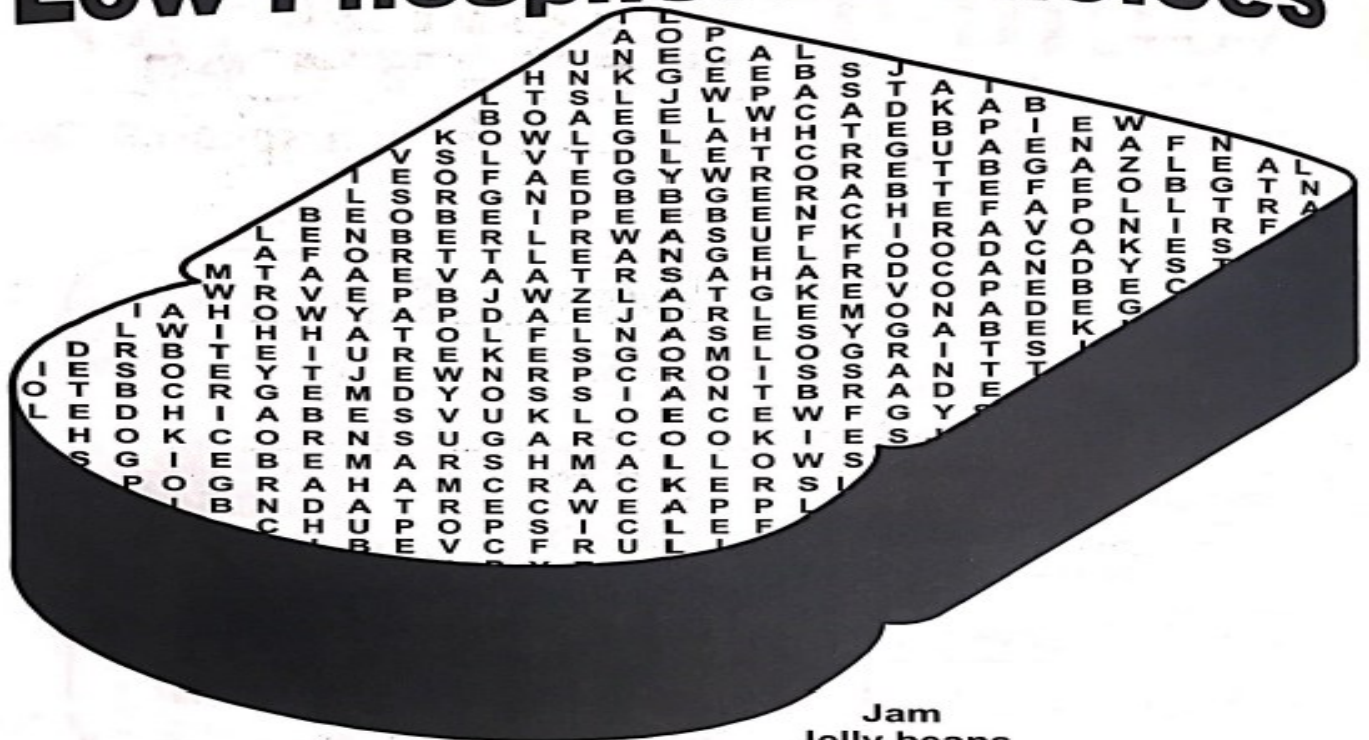
It's so difficult to describe depression to someone who's never been there, because it's not sadness.

J.K. ROWLING

Need help?

- Family Caregivers Center of Mercy (319)221-8866
<https://www.mercycare.org/services/family-caregives-center>
- Waypoint (319)365-1458
<http://waypointservices.org>
- Foundation 2 Crisis Center
Mobile Crisis Outreach
(319)362-2174
<http://www.foundation2.org>
- United Way 2-1-1
Information, Counseling, Crisis Line
- National Suicide Hotline
1-800-SUICIDE
(1-800-784-2433)
- National Suicide Prevention Lifeline & Chat
1-800-273-CHAT
(1-800-273-8255)
- Mercy Family Counseling
(319)398-6575

Low Phosphorus Choices



- Angel food cake
- Apple pie
- Bagel
- Butter
- Corn
- Cornflakes
- Croissant
- Graham crackers
- Grits
- Hard candy
- Jam
- Jelly beans
- Lemonade
- Marshmallows
- Pasta
- Popsicle
- Sorbet
- Sugar cookies
- Unsalted pretzels
- Vanilla wafers
- White bread
- White rice

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BIRTHDAY WISHES

- | | | |
|----------------|-----------------|-----------------|
| 1st Shirley P. | 8th Velda C. | 18th Richard H. |
| 2nd Judy B. | 14th Timothy W. | 19th Robert C. |
| 5th Brenda M. | 17th Raberta M. | 27th Ronald L. |
| 7th Patrick G. | 18th Joseph C. | 31st Brenda H. |

 MERCY DIALYSIS	Mercy Health Plaza 5264 Council St. NE Cedar Rapids, IA 52402	Mercy Medical Center 701 10 th St. SE Cedar Rapids, IA 52403	Mercy Dialysis—Vinton 502 N. 9 th Ave Vinton, IA 52349
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ICH CAHPS Survey

Have you ever seen or heard of this before?

What is it?

ICH CAHPS (said like “ICH caps”) Survey stands for the In-Center Hemodialysis Consumer Assessment of Healthcare Providers and Systems Survey. You might also see it shortened to the Medicare In-Center Hemodialysis Survey.



Who is it for?

The ICH CAHPS Survey asks adults with kidney disease about their patient experiences with care from their dialysis facility.

How is it provided?

A survey vendor (not your dialysis facility) approved by Medicare would contact you either by phone or by mailing you a paper copy. Patients are selected randomly.



Why is it important to take the survey?

If you are randomly selected, this is your chance to share about your dialysis experience and make it count. All individual responses are kept private and are never linked back to your name. The overall facility results are used in a few ways:

- 1) Dialysis staff use the results to measure the quality of their patients’ experiences and look for opportunities to do better.
- 2) Centers for Medicare & Medicaid (CMS) use the results to monitor dialysis facility performance.
- 3) Results are made public for patients to be able to view online and see how different facilities score compared to others.



Photo credit to Gregor Cresnar, Firman Suci Anada, and parkjusun from Noun Project



For more information or to file a grievance please contact the Heartland Kidney Network at:
920 Main Street, Suite 801, Kansas City, MO 64105

Toll-free Patient Line (800) 444-9965 • net12@nw12.esrd.net • heartlandkidney.org

This resource was (created, developed, compiled, etc.) while under contract with Center for Medicare & Medicaid Services, Baltimore, Maryland. Contract #HH5M-500-2016-NW00012C. The contents presented do not necessarily reflect CMS policy.

Our ICH CAHPS Survey is currently underway!

Our Medicare approved vendor is Press Ganey. Be on the ready for a phone call from a Press Ganey representative. The representative will ask you questions regarding our facility and your care here. You may hear the survey also called the “Patient Satisfaction Survey.” This survey helps us improve the care you receive.

Please complete the survey to help us better fulfill your dialysis needs.

Thank you, for taking the time to improve our unit and your care here at Mercy.

Comment Box in the waiting room

Leave us a comment regarding your experience. Please tell us the good, the bad, a thank you, a complaint whatever you would like to say, we want to hear from you.

Aim for a Lab Report Bulls-Eye

We will be starting a game that will run 3 months from June-August

Each Time Your Monthly Lab Report Shows an Improvement in your Albumin, Phosphorus, Calcium, Potassium, or Fluid gains – You will receive a Prize.

Lab Report Bulls-Eye Point System	
Points	How is your Aim?
3	Lab within goal range
2	Lab improved
1	Lab is out of goal range with no change from prior month
0	Lab got worse

