



# Renal Diet HQ

## Nephrology News You Can Use



Hello, and welcome to another edition of the Renal Diet HQ newsletter. Thanks for joining us again in the New Year. This month's topic is all about getting ready for the New Year and having a healthy start to your day.

In January, it seems we are capable of setting goals and starting anew.

We have to talk about making our mornings the best they can be. Starting the day off right is a great way to have an even better day. So a plan for a healthy breakfast, regardless of the stage of kidney failure, is critical to the overall health of your patients. Even if they need a limited or restricted diet, eating throughout the day is much healthier and less likely to result in over eating. So starting the day out right is the best way to prepare. You can even prepare the night before.

Finally, we are talking a little bit about home hemodialysis and giving you a worksheet to share with your patients for them to evaluate their readiness to discuss it. Thanks for taking the time to read this, and we hope you have a great week. Again, let us know if we can assist you with your renal diet needs.

*Mathea Ford, RDN, LD*

**Our website: [www.renaldiethq.com](http://www.renaldiethq.com)**

## Start Your Day Off Healthy

The way you begin your day sets the tone for your entire day. Starting each day the right way can literally make the difference in having a great day and a terrible one. "Morning people" may seem like a conundrum to you, they must have a secret. So how can you make the change from rushed to relaxed and guarantee a healthy start?

Establish a new healthy way of being with these tips to start your day off healthy:

### Prep Work

You can save yourself a lot of time in the morning with a little preparation the night before. Sometime during the evening, whenever you can make the time, take the opportunity to get ready for the next day.

Here are some examples:

If you take packed lunches or are responsible for packing kids' lunches, pack them all the night before. This way you are guaranteed not to forget or run out of time. Also, packing your lunches ahead of time gives you more time to put together delicious and healthy options for lunch.

Get your wardrobe ready ahead of time. Choose what you plan to wear and set it out for yourself. If any clothing items need ironing, go ahead and get it done before you go to bed. This will save you the trouble of fumbling around deciding what to wear the next day. It will also help you look your best by preventing any wardrobe malfunctions like unnoticed tears or wrinkles.

The most important "prep work" you can do, however, is to get a good night's sleep. Try to get in bed a little early if you can and get a good eight hours worth of sleep.

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By having everything in place and ready to go the next morning, you should be better able to get a peaceful night's rest knowing that you have less to worry about the next morning. Waking up will be easier, too, when you have had enough sleep to wake rested and ready for the day.

### Breakfast

The very most important thing you can do to start your day off healthy is to eat a balanced breakfast. Sitting down to a balanced and healthy meal and eating it slowly, without rushing, is essential to a healthy morning.

Eating a healthy breakfast has multiple benefits. By sparking your metabolism, a good breakfast fuels you through your day and gives you the energy you need. Taking the time in the morning to eat a meal also puts you on track to be less irritable and prevents mood swings.

Here are some quick and easy healthy breakfast ideas:

**Whole wheat toast or an English muffin with peanut butter:** Possibly the quickest and easiest option for a healthy breakfast. Whole grains provide fiber to keep you full, and peanut butter has just the right amount of protein and sugar to give you a great boost. Add a fresh fruit, either on the side or cut up on top of the peanut butter, for an extra filling energy boost.

**Oatmeal with honey and fresh berries:** While steel cut oats are the best, the quick cook versions and even instant oatmeal are a great breakfast to start the day. Oatmeal is high in fiber and is a great option to keep you full and focused. To save on time and effort, instant oatmeal is a good alternative but steer clear of the sugary flavored versions and opt for the plain. Fresh berries are a simple and delicious addition. You can also add a dollop of local honey for additional sweetness and an antioxidant boost if you wish.

**Egg white omelet with fresh veggies:** A simple, low calorie and nutritious option. A couple egg whites and whatever fresh veggies you like or have on hand. Do your "prep work" the night before and have your veggies already chopped and ready to throw in the pan. By using the egg-whites only you are ensuring yourself a low cholesterol, low calorie, and high protein breakfast to start your day. Serve with a slice of whole wheat toast for some extra fiber.

**Breakfast parfait:** Another breakfast you can save on time with by prepping the night before, a breakfast parfait is a delicious and easy option. Layer or mix a myriad of options such as plain Greek yogurt, granola, oats, bran flakes, cut fresh fruit and/or fresh berries, etc. Sweeten with local raw honey and enjoy. The yogurt is low in saturated fat and cholesterol and is full of calcium

and protein. The granola, oats, or bran flakes provide fiber to keep you satisfied and fruit fills you full of vitamins and antioxidants to keep you healthy.

### Rehydrate

After eight hours of sleep, your body is at least slightly dehydrated. Replenish your body by drinking a large glass of water when you wake up in the morning. Your body is made up of water. Over half of your body, brain, and muscles are made up of water but need to be replenished in order to function properly.

According to the Centers for Disease Control and Prevention, drinking enough water is essential to regulate normal body temperature, cushion and lubricate joints, help flush out waste, etc. Mild dehydration can occur in just a few hours, so after sleeping for eight hours, your body needs the extra fluid. Drinking a large glass of water when you first wake up in the morning can help with mood and focus, and also can have long term benefits for weight management. Remember you might be limited in the amount you are allowed to drink based on your related conditions and stage of kidney failure, so if you want to know how much to drink in a day talk to your doctor.

### Move Around/Exercise

Whether it is a simple stretching routine, a light morning jog, or a vigorous workout, getting some exercise in the morning is an excellent way to start the day. Exercise gets your blood pumping and stimulates your body and mind. A short walk in the morning can get you motivated. It can also give you a little down time to meditate on the tasks of the day. A little morning exercise is also an excellent energy boost. Studies show that regular exercise isn't just good for weight loss and management; it is an excellent mood booster.

Getting a healthy start to your day can make all the difference. While starting a new routine can be daunting, it could be the very thing you need to get on track. Finishing some basic tasks the night before, eating a good breakfast, moving around a little bit, and doing something as simple as drinking a glass of water can make a huge difference to your morning and your health.

Choosing one thing and trying to do it consistently is part of the key to making your morning a healthy one and the rest of your day better for it. Take the one that you will start and do it consistently for a month, then add another morning starter if you need it. But make sure you will stick to the first one before you start another one.

# Is Home Hemodialysis Right For You?

Dialysis is the most common treatment for patients with advanced kidney failure. The function of dialysis is to help your body by filtering out waste and excess fluid the way your kidneys would if they were working properly.

There are two common types of dialysis: peritoneal dialysis and hemodialysis.

Peritoneal dialysis refers to a method where the patient's abdomen is filled with a solution that draws waste and excess fluid through a catheter. Peritoneal dialysis is a treatment that can be completed at home by the patient if he or she has the ability and manual dexterity. Often, peritoneal dialysis comes with fewer dietary restrictions and medications.

Hemodialysis is a more advanced method where the patient's blood is filtered through a machine that removes waste, salt, and excess fluids. Hemodialysis requires a stricter schedule for treatment and medications, and often requires dietary restrictions.

Both treatments are effective for treating kidney disease. Hemodialysis, however, is often the preferred treatment for advanced kidney failure. If your kidneys are not performing effectively or if they are not working at all, your doctor may suggest hemodialysis.

Hemodialysis can be done in a treatment center or at home with the help of a nurse or trained loved one, but a strict schedule must be maintained.

Often, hemodialysis is completed at a dialysis treatment center. Patients must travel to the center three times a week for treatments that can last 3 to 4 or more hours. Completing treatments in a dialysis center requires a very strict schedule, as they often have many patients coming in and out for their dialysis treatments. Sometimes having your treatments done in a treatment facility can mean long waits, and long treatments keep you out for extended periods of time. It is sometimes hard to get to and from treatment facilities.

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Home hemodialysis can offer you many advantages, including the ability to complete your treatments in the comfort of your own home. Home treatment offers you more flexibility.

The biggest advantage of home hemodialysis is certainly a greater quality of life and control over your own treatments. Home hemodialysis, while still requiring a strict schedule, allows the patient a little more freedom and comfort.

With their doctor's permission, patients can choose to do long treatments three times a week like they would in a treatment center, or they can choose to break up their treatments into more frequent but shorter shifts.

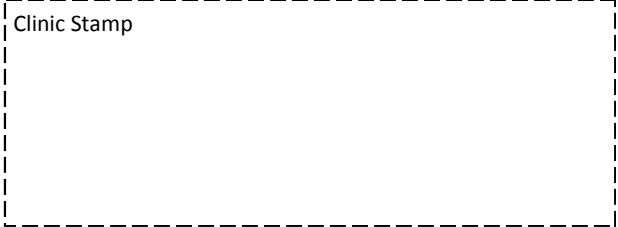
At home, hemodialysis can even be done during the night when the patient is sleeping. Because the patient is able to control the treatment schedule, a custom treatment schedule is possible.

Home hemodialysis offers many advantages to patients, but also comes with risks. You will need to weigh these risks with the benefits to decide if home hemodialysis is right for you.

There are serious risks associated with home hemodialysis. A lot of these risks are the same as the risks associated with receiving treatment in a dialysis center, but are heightened by the expertise and training of your caretaker.

Training of a nurse or loved one can often take anywhere from 3 to 8 weeks. Your caretaker will need to be vigilant and ready if any complications arise such as blood pressure emergencies or infection. The most common complications involve air embolisms when air gets trapped in the catheter and is accidentally injected into the blood stream. Most of these complications are the same as in-center treatment but require a level of training to be able to prevent, detect, and act quickly if problems occur.

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