

Managing your phosphorus



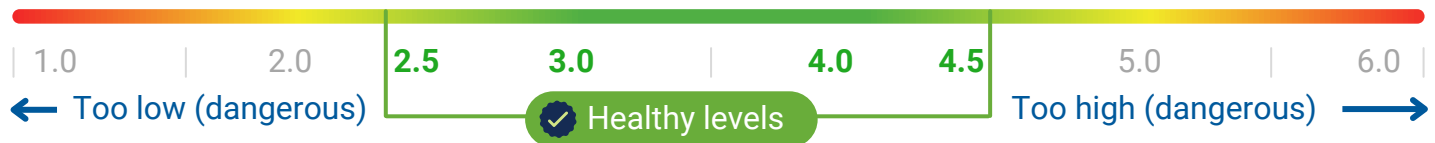
What is phosphorus?

Phosphorus is a mineral your body needs to make energy and to keep your bones healthy and strong. It is found in many foods.

If you have kidney disease, your kidneys may not filter out extra phosphorus, so phosphorus can build up in your body. When you have too much phosphorus, it is called **hyperphosphatemia**.

What are healthy and dangerous phosphorus levels?

A healthy level of phosphorus in your blood is between 2.5 to 4.5 mg/dL. It is normal for phosphorus levels to go up and down. When levels are consistently over 4.5 mg/dL, this is too high and can be dangerous.



Why is it important to keep my phosphorus levels healthy?

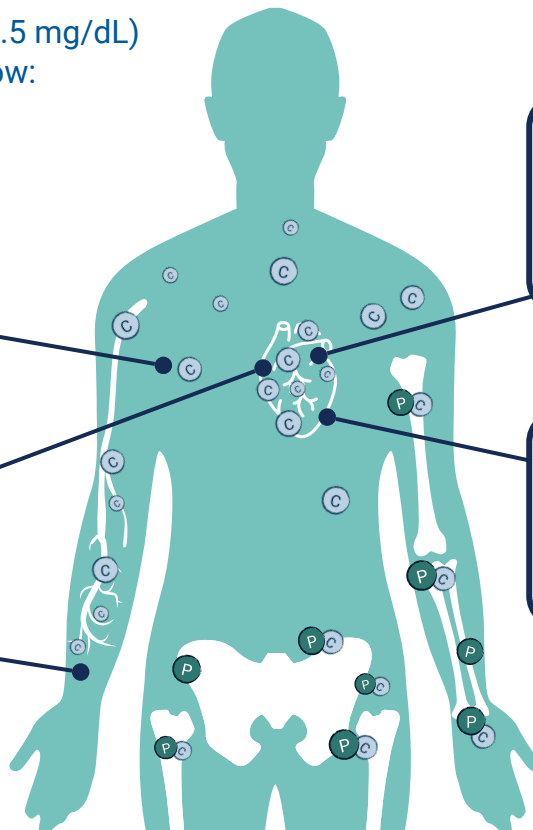
Too much phosphorus (over 4.5 mg/dL) can harm your body. Here's how:

1 Too much phosphorus can pull calcium out of your bones or other parts of your body.

2 Calcium then builds up in your heart, blood vessels and other parts of your body.

3 This calcium buildup can damage your heart.

4 Heart damage can raise your chance of heart disease, heart attack or stroke.



P = Phosphorus
C = Calcium

How is high phosphorus treated?

If you are **not** on dialysis:



Follow a low phosphorus eating plan. The less phosphorus you take in, the lower your levels will be.



Take phosphate binders. If a low phosphorus eating plan does not lower your levels, your doctor may recommend you take a medicine called a phosphate binder.

If you **are** on dialysis:



Go to your dialysis treatments. Dialysis can help take extra phosphorus out of your blood.



Follow a low phosphorus eating plan. Dialysis may not always work to take phosphorus out of your blood. Your doctor may recommend you eat less phosphorus.



Take phosphate binders. If a low phosphorus eating plan does not lower your levels, your doctor may recommend you take phosphate binders.



Take phosphate blockers. Your doctor may recommend you take another type of medicine that helps lower phosphorus levels. It is for people on dialysis who still have high phosphorus levels.

How do phosphate binders work?

Phosphate binders soak up phosphorus like a sponge from the food in your stomach. This stops your body from absorbing the phosphorus into your blood.

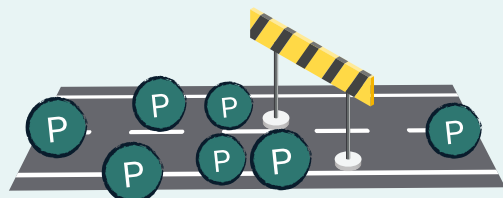
You have to take phosphate binders with every meal or snack to help the binders soak up the phosphorus before your body can absorb it.



How do phosphate blockers work?

Phosphate blockers also stop your body from absorbing phosphorus from the food you eat. However, instead of soaking up extra phosphorus like a sponge, they block phosphorus from getting into your blood like a roadblock.

Phosphate blockers work throughout the day, so you don't have to take them with every meal or snack. This medicine is typically taken in the morning and at night.



How can I prevent high phosphorus?

If you have kidney disease, you have a higher chance of having high phosphorus levels. Talk with your doctor about getting a blood test to check if your phosphorus levels are in a healthy range.

You can always ask your doctor if you need to make changes to what you eat and drink to prevent high phosphorus. They can give you suggestions and adjust your plan to help you reach consistent phosphorus levels.



Here are a few steps your doctor might recommend:



Limit the phosphorus in your foods and drinks. Learn about foods that are low or high in phosphorus at the website below.



Be active most days of the week, such as walking, biking or swimming.



Do not smoke or use tobacco.

For more resources and to learn more, visit:

www.KidneyFund.org/Phosphorus

Or, scan this code with your mobile device

