

Clear and Easy

#4



Molina Healthcare
24 Hour Nurse Advice Line
(888) 275-8750

TTY: (866) 735-2929

Molina Healthcare
Línea de TeleSalud
Disponible las 24 Horas
(866) 648-3537

TTY: (866) 833-4703

Titles by Clear and Easy

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart
Disease

Book 17 – Postpartum: Caring for You and
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.

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NM Members:

Molina Healthcare services are funded in part under contract with the State of New Mexico.

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Book 4 - End Stage Renal Disease (ESRD)

Important Phone Numbers

Provider: _____

Provider: _____

Family: _____

Neighbor: _____

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are of part one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.

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Introduction

You and your provider can work together to help you be as healthy as you can be. This booklet helps you manage end stage renal disease. You should not use this booklet in place of what your health care provider tells you. If you have problems with your health, be sure to see your provider (or Primary Care Provider) for treatment.

For questions about medicine or health concerns, you can call your provider.

If your health plan has a nurse advice line, you can call them too. If you don't feel well, they can help you decide what to do.

You may have someone who helps you with your health care. You must give permission to your providers or case managers to talk to this person about your care.



This booklet is to help you. It does not take the place of your provider's care. If you or your family has an emergency, you should call your provider. Or, go to the nearest emergency room.

What is Renal Disease?

There are two main types of kidney disease. One is called Chronic Kidney Disease (CKD). This means that the kidneys are damaged. But, they still can work well enough for you to live.

The second kind of disease is called End Stage Renal Disease (ESRD). This means your kidneys have stopped working well enough for you to live. The damage is permanent. Sometimes it's called kidney failure. In order to live you need dialysis or a kidney transplant. This booklet gives information about living with ESRD.

Causes

Having chronic kidney disease can lead to ESRD. ESRD is often caused by high blood pressure or diabetes. It can also happen if you are severely injured.

You may have more questions about ESRD. Call your provider's office. He or she can answer your questions. If you don't feel well, he or she can give you suggestions to help you feel better. He or she will also ask important questions to be sure nothing else is wrong.

Diagnosis

You may not know that you have a kidney problem. Sometimes there are not many symptoms. The only way to know how your kidneys are working is to have some tests. These are simple tests your provider can do.

- Blood pressure check.
- Urine test.
- Blood test.

Preventing ESRD

The best way to prevent ESRD is to prevent chronic kidney disease. If you have diabetes or high blood pressure this is very important. Diabetes and high blood pressure are the most common causes of CKD. Get your blood sugar and blood pressure checked often. Keeping blood glucose and blood pressure in control will protect your kidneys from damage.

There are other things you can do to stay healthy:

- Eat a low-fat, low-salt diet.
- Exercise most days of the week.
- Stop smoking.
- Limit alcohol.

Be sure to take your medicine the way your provider tells you. Take them even when you feel good. Tell your provider if you cannot afford your medicines or if you have any side effects. Talk to your provider before you start any new medicine.

Your kidneys clean waste from your body. They help your body get rid of extra fluid. Taking good care of yourself can help you feel better. If you have chronic kidney disease this can help prevent ESRD.

Daily Life

Talk to your provider about a care plan to keep you as healthy as you can be.

- **Learn about a meal plan.** Your health care team is here to help you. They can help you learn how to read food labels.

- **Watch what you eat.** People with kidney disease must be careful with diet. This includes eating less salt. It also means watching the amount of protein, potassium, and phosphorus in your food.
- **Get 30 to 60 minutes of physical activity** almost every day. A brisk walk is a great start. Other good ideas are swimming, biking, gardening and playing with the kids.
- **Stay at a healthy weight** by watching your meals and getting more exercise.



- **Get support** from a mental health counselor, health care team, support group, your church, or friends and family. They can give you new ideas. They can also join you in your healthy lifestyle.
- **Manage stress.** Stress can affect your health. Take classes to help you learn how to manage stress.
- **Stop smoking.** Ask for help to quit.
- **Take your medicines.** Take them even when you feel good. Tell your provider if you cannot afford your medicines or if you have any side effects.

If you have diabetes, write down your blood glucose numbers. Be sure to take this record to every provider visit.

How to Read a Food Label

The Nutrition Facts label helps you determine the amount of calories and nutrients in one serving of food. Nutrients include fats, carbohydrates, protein, vitamins and minerals. It also includes sodium and protein. This information helps you know whether you're eating a proper diet.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container about 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Proteins 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- **Calories** - Watch your calories if you are trying to lose or maintain your weight. You can use the labels to compare products to see which have fewer calories. To find out how many calories you need each day, talk with your provider.
- **Total Fat** - Total fat tells you how much fat is in a food per serving. It includes fats that are good for you such as mono and polyunsaturated fats. It also includes fats that are not so good, like saturated and trans fats. Mono and polyunsaturated fats can help to lower your blood cholesterol and protect your heart. Saturated and trans fat can raise your blood cholesterol. This can increase your risk of heart disease.

- **Sodium** - Sodium (or “salt”) does not affect blood glucose levels. However, many people eat more sodium than they need. Table salt is very high in sodium. There is also hidden salt in many foods like cheese and salad dressings. Canned soups and other packaged foods are also high in salt. Use herbs and spices in your cooking instead of adding salt. Adults should aim for less than 2300 mg per day. If you have high blood pressure, it may be helpful to eat less.

Foods Lower in Sodium

- | | |
|---|--------------------------------|
| ✓ Fresh or frozen fruits and vegetables | ✓ Rice, noodles |
| ✓ Cooked cereal without added salt | ✓ Fresh meat, poultry, seafood |

- ✓ Low-fat, low-sodium cheese
- ✓ Low- and reduced-sodium frozen dinners
- ✓ Low- and reduced-sodium peanut salad dressing
- ✓ Unsalted nuts
- ✓ Low- and reduced-sodium peanut butter
- ✓ Air-popped popcorn

Foods Higher in Sodium

- ✓ Bacon, corned beef, ham, hot dogs, luncheon meat, sausage
- ✓ Cheese
- ✓ Canned tomato products, including juice
- ✓ Bouillon, canned and instant soups
- ✓ Boxed mixes, like hamburger meals and pancake mix
- ✓ Canned beans, chicken, fish and meat
- ✓ Canned and pickled vegetables, vegetable juice

- | | |
|--|--|
| ✓ Cottage cheese | ✓ Frozen meals |
| ✓ Frozen vegetables with sauce | ✓ Olives, pickles, relish |
| ✓ Pretzels, chips, crackers, salted nuts | ✓ Salt and salt seasonings, like garlic salt |
| ✓ Seasoning mix and sauce packets | ✓ Soy sauce |
| ✓ Salad dressings, bottled sauces, marinades | ✓ Some ready-to-eat cereals, baked goods, breads |
| | ✓ Ready-to-eat boxed meals and side dishes |

- **Total Carbohydrate** - Carbohydrates can raise your blood sugar. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate on the label includes

sugar, complex carbohydrate and fiber. Carbohydrate includes milk and fruits. Some food has no natural or added sugar but has a lot of carbohydrate.

- **Fiber** - Fiber is the part of plant foods that is not digested. Dried beans, like kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. Try to eat 25-30 grams of fiber per day. This goes for everyone, not just people with diabetes.



- **List of Ingredients** – This list helps you spot things to avoid, like coconut oil or palm oil. The ingredient list is also a good place to look for healthy ingredients like olive or canola oils. Look for whole grains, like whole wheat flour and oats.

Important Things to Track

See your health care team regularly. Your provider will order regular blood tests. Talk to your provider so you understand what he or she means.



Bring this table to your health care visits and ask your provider to complete it.

Test	Result/ Date	Result/ Date
Blood pressure Goal: Less than 130/80.		
GFR Goal: Keep from going down.		
Urine Albumin Goal: The lower the better.		
A1c (for people with diabetes) Goal: Less than 7.		

- **Blood pressure** — The most important thing you can do is keep your blood pressure controlled. For most people that means below 130/80.
- **Glomerular Filtration Rate (GFR)** — The GFR tells you how well your kidneys are cleaning your blood. The goal is to keep your GFR from going down to prevent or delay kidney failure.
- **Urine albumin** — Albumin is a protein in your blood that can pass into the urine when kidneys are damaged. Lowering your urine albumin is good for your kidneys.

- **A1c** — If you have diabetes, the A1c test shows your average blood glucose level over the last 3 months. The goal is less than 7 for most people with diabetes. Lowering your A1c can help you to stay healthy. This test is for people with diabetes only.

Talk to your provider about getting a pneumonia shot.

Support

Many people with CKD or ESRD have other health issues. These can include:

- High blood pressure.
- High cholesterol.
- Heart disease.

- Diabetes.
- Nerve problems.
- Osteoporosis.
- Depression.
- Cancer.

Coping with these issues can be hard. You may be stressed or become depressed. It's different for every person.

People who help take care of others can also be stressed. It can be hard to keep up with a treatment plan. Some people don't understand what they need to do. Family members may disagree with a treatment plan.

There can be financial problems. Sometimes people feel fear or anxiety, even depression. Alcohol and other substance abuse can occur.

Tell your family and friends how you feel. Let them know how they can help you.

It's OK to ask for help if you are having any of these problems. Your treatment team can help you. Talk to your provider or case manager. Joining a support group can help too. This booklet gives names of places where you can get help.



How Can Family or Friends Help?

You may have someone who helps you with your health care. They can:

- Help remind you to take your medicines.
- Help you buy and prepare healthy foods.
- Take a walk with you.
- Go to the provider visits with you.

Sometimes it helps when someone else hears what your health care provider says. You must give permission to your providers and case managers to talk to this person about your care.

Blood Pressure Record

Talk to your doctor to set your targets. Write down the date, time and results of your checks.

Date	Time	Result	Time	Result

Resources

National Kidney Disease Education Program

(866) 454-3639

www.nkdep.nih.gov

American Kidney Fund

(866) 300-2900

<http://www.kidneyfund.org/kidney-health/>

Centers for Disease Control and Prevention

(800) 232-4636 TTY: (888) 232-6348

<http://www.cdc.gov/diabetes/projects/kidney/>

Centers for Medicare & Medicaid Services

[http://cms.gov/Center/Special-Topic/
End-Stage-Renal-Disease-ESRD-Center.
html](http://cms.gov/Center/Special-Topic/End-Stage-Renal-Disease-ESRD-Center.html)

**National Institute of Diabetes and
Digestive and Kidney Diseases
(NIDDK)**

National Kidney and Urologic Diseases
Information Clearinghouse (NKUDIC)
(800) 891-5390

TTY: (866) 569-1162

[http://kidney.niddk.nih.gov/KUDiseases/
pubs/choosingtreatment/index.aspx](http://kidney.niddk.nih.gov/KUDiseases/pubs/choosingtreatment/index.aspx)

Notes

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Notes

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