

# “What are some tips to help manage kidney health?”



**Follow these tips to help keep a healthy lifestyle for your kidneys:**

**Eat a heart-healthy diet:**

<b>What to eat</b>	<b>What to avoid</b>
<p><b>Whole foods, such as:</b></p> <ul style="list-style-type: none"> <li>• Fruits</li> <li>• Vegetables</li> <li>• Nuts</li> <li>• Whole grains and high-fiber carbohydrates that are low in sodium</li> <li>• Beans</li> <li>• Lean protein with omega-3 fats, such as fish and eggs</li> <li>• Poultry</li> </ul>	<p><b>Exercise regularly</b> to improve blood pressure, sleep, heart health, bone mass, and more. Make sure to check with your physician prior to engaging in exercise.</p> <p><b>Practice relaxation techniques</b>, such as meditation and breathing, to help reduce stress.</p> <p><b>Drink lots of water</b> to help suppress vasopressin, an antidiuretic hormone that stimulates cyst growth.</p> <p><b>Pay attention to your body</b> to stay aware of your health so you can respond quickly and correctly to any issues.</p> <p><b>Take medications as directed by your doctor</b> and check with your healthcare provider before you make a change.</p> <p><b>Keep all your appointments</b> in order to schedule and manage checkups and routine testing. Regular appointments will help you and your healthcare team keep track of your condition.</p>

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Please consult your doctor about any lifestyle or diet modifications you may need to make.

For more information, visit [ADPKDquestions.com](http://ADPKDquestions.com).

ADPKD=autosomal dominant polycystic kidney disease.



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