

With loss of kidney function, you may start to feel

- Fatigue
- Nausea
- Itchiness
- Kidney pain
- Swelling (*too much fluid*)
- Difficulty or changes in urination.
- Problems falling or staying asleep
- Tingling in toes or fingers.
- Changes in appetite
- Metallic taste in mouth



Follow your doctor's advice

- Take your medicines as prescribed
- Do not self-medicate
- Avoid overuse of non-steroidal anti-inflammatories, like ibuprofen
- Ask what the results of your kidney tests mean

To request information in your language or in another format, call L.A. Care Health Plan at 1.888.839.9909 or TTY 711

Resources available to you:

L.A. Care Member Services
888-839-9909

L.A. Care Community Resource Centers
877-287-6290

Your Doctor

Your Pharmacist

L.A. Care Health Education
855.856.6943



L.A. Care Nurse Advice Line
800.249.3619 (TTY 711)
Available 24/7

California Smoking Helpline
800.300.8086

Beacon Behavioral Health
877.344.2858



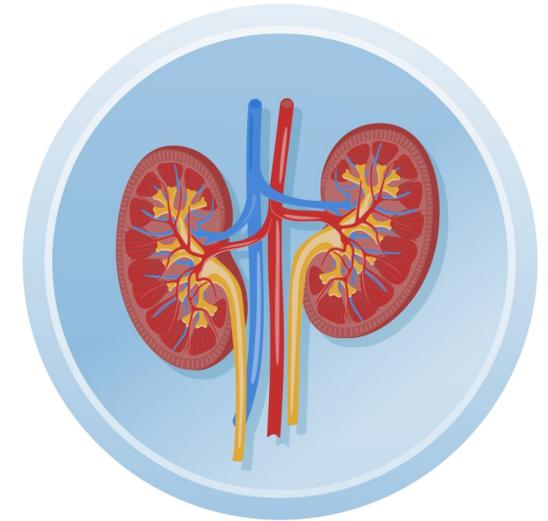
Health in Motion.

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KIDNEY BASICS



Your kidneys filter and clean your blood. They remove extra fluid and make urine. They also help balance chemicals and fluids. It's important to care for your kidneys because they help control blood pressure, make red blood cells, and ensure bone health.

Look inside for quick tips on how to care for your kidneys



Reach or keep a healthy weight

You can do this by eating healthy, being physically active and getting enough sleep.

Get enough sleep

Sleep lets your body recover. Waking up and going to bed at the same time, each day, can help build a routine.

Eat & drink in a healthy way

- Use less salt
- Avoid processed meats
- Eat a moderate amount of protein
- Drink enough water
- Limit alcohol use
- Eat more fresh fruit and vegetables

THINGS YOU CAN DO :

Manage your diabetes

- Keep A1c at 7% or lower
- Monitor your blood sugar regularly
- Aim for blood sugar under 130 before eating in the morning and under 180, two hours after eating
- Follow a meal plan for people with diabetes

Manage your high blood pressure

- Monitor your blood pressure
- Do your best to keep it under 130/80
- Take your medicines as prescribed
- Stay active
- Manage your stress
- Follow a heart healthy meal plan

Do Not Smoke

If you smoke get help to quit. Keep trying to quit even if you do not succeed at first.

Protect yourself from harmful chemicals

Use protective gear, like gloves and mask. Solvents, pesticides and herbicides, among others, can damage your kidneys.

