

Low Blood Pressure continued:

Prevention/Treatments.....

Your physician will treat the cause and symptoms of low blood pressure. You may be asked to drink more water, wear compression stockings, change medications, or even use more salt. Lifestyle changes may be recommended as well.

Electrolyte Imbalances :

Potassium, Calcium Phosphorous, Sodium

A Dialysis Patient's Story

In my twenty-four years on home hemodialysis, I have struggled with managing my electrolytes. For me these have included high phosphorus and low calcium. High phosphorus does not always have symptoms, but I had itchy skin, fatigue, and some confusion. My symptoms of low calcium included numbness, tingling, and depression.



As my chronic kidney disease changed to end stage kidney disease, I was diagnosed with hyperparathyroidism. Hyperparathyroidism is a condition where one or more of your

parathyroid glands release too much parathyroid hormone. Parathyroid hormone regulates the amounts of calcium, phosphorus and magnesium in the bones and blood. I was treated by having some of my parathyroids surgically removed. I also take phosphorous binders, to help bind phosphorous in my gut. In addition, to manage my electrolyte balance I limit high potassium and high phosphorus foods.

Overview

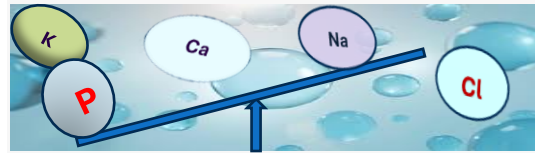
Electrolytes help control many bodily functions. An electrolyte imbalance occurs when you have too much or not enough of certain minerals in your body.

Symptoms

Electrolyte imbalance symptoms range from mild to severe. Common symptoms include headache, fatigue, muscle cramps, confusion, irritability, fast or irregular heart rate, constipation, or diarrhea.

Causes

Many different health conditions can affect your body's ability to move and balance electrolytes within your body.



Prevention/Treatments

Proper fluids can help keep a healthy level of electrolytes. Treatment may include rehydration, medications or supplements to replace lost electrolytes. Hemodialysis aids in correcting electrolyte imbalances caused by kidney failure or severe kidney damage.



Midwest Kidney Network

Partnering to improve kidney care

Midwest Kidney Network

(800) 973-3773 For Patients
(651) 644-9877 For Providers
(651) 644-9853 Fax

info@midwestkidneynetwork.org



Staying Healthy

Managing Your Fluids, Blood Pressure, Electrolytes and Minerals

Introduction

Your kidneys work to filter your blood of waste, electrolytes, minerals, and fluids. Dangerous levels of fluids, wastes, minerals, and electrolytes can build up in your body if your kidneys are not working properly. It is a delicate balance as too little fluids, electrolytes and minerals can also be a problem.

Fluid Overload & High Blood Pressure

A Kidney Transplant Recipient's Story

Over the course of my disease, IGA nephropathy, I had several occasions of fluid overload and high blood pressure.

Before I received my kidney transplant, my blood pressure was extremely high. I had headaches, fatigue and swelling. My kidneys were not working, and my medications were no longer effective. In addition to kidney disease, I also suffered from fluid overload and high blood pressure due to a genetic cardiac disease.



In both instances I sought medical intervention. My kidney transplant was a life saver for me.

Today, to keep healthy I have a specific diet (no added salt, no alcohol, etc.) to follow, a medication regime, routine labs, and I try to live an active, happy, fulfilling life.



Overview: Fluid Overload & High Blood Pressure

Fluid overload and high blood pressure increase your risk of heart attack, stroke, kidney failure and other serious health problems.

Symptoms

Symptoms of fluid overload and high blood pressure include weight gain, noticeable swelling in arms, legs, abdomen, and face, heart problems, shortness of breath, high blood pressure, cramping and headache.

Causes

There are many causes of fluid overload and high blood pressure including kidney, artery, heart, or endocrine problems.

Prevention/Treatments

A healthy lifestyle can help in preventing fluid overload and high blood pressure including stopping smoking, eating well, and exercising. Many kidney patients will need medication, and specific diets to manage fluid overload and high blood pressure.

Monitoring your blood pressure and other clinical signs is an important part of your personal health care. For non-emergency situations **contact your dialysis clinic nurse**, before going to the emergency room. **Contact your primary provider** if the issue is not linked to kidney disease. End stage kidney disease patients often require a kidney transplant or dialysis.

Low Blood Pressure

A Dialysis Patient's Story



I experienced low blood pressure when I was nearing the end of dialysis. My blood pressure would drop, I would feel dizzy and twice

passed out. There were three things that helped with the problem. First, was managing my dry weight by taking off less water. Dry weight is the normal weight without any extra fluid in my body. Second, was to take off more water early in the dialysis treatment and less at the end. Third, we also stopped the "rinse back" of blood and saline at the end of the treatment.

When we planned to remove the exact amount of excess water, the treatments went well.

Overview

Maintaining normal blood pressure is necessary for blood to reach all the body tissues. Blood pressure changes throughout the day.

Symptoms

Fainting	Nausea	Fatigue
Agitation	Shallow Breathing	Confusion
Blurred Vision	Low Urine Output	Lethargy

Causes

Some of the causes of low blood pressure are lack of fluids, heart, and endocrine disorders, over dosage of prescription medications, infection, allergic reactions, eating before dialysis, sudden position shift, loss of blood, and alcohol, or recreational drug use.