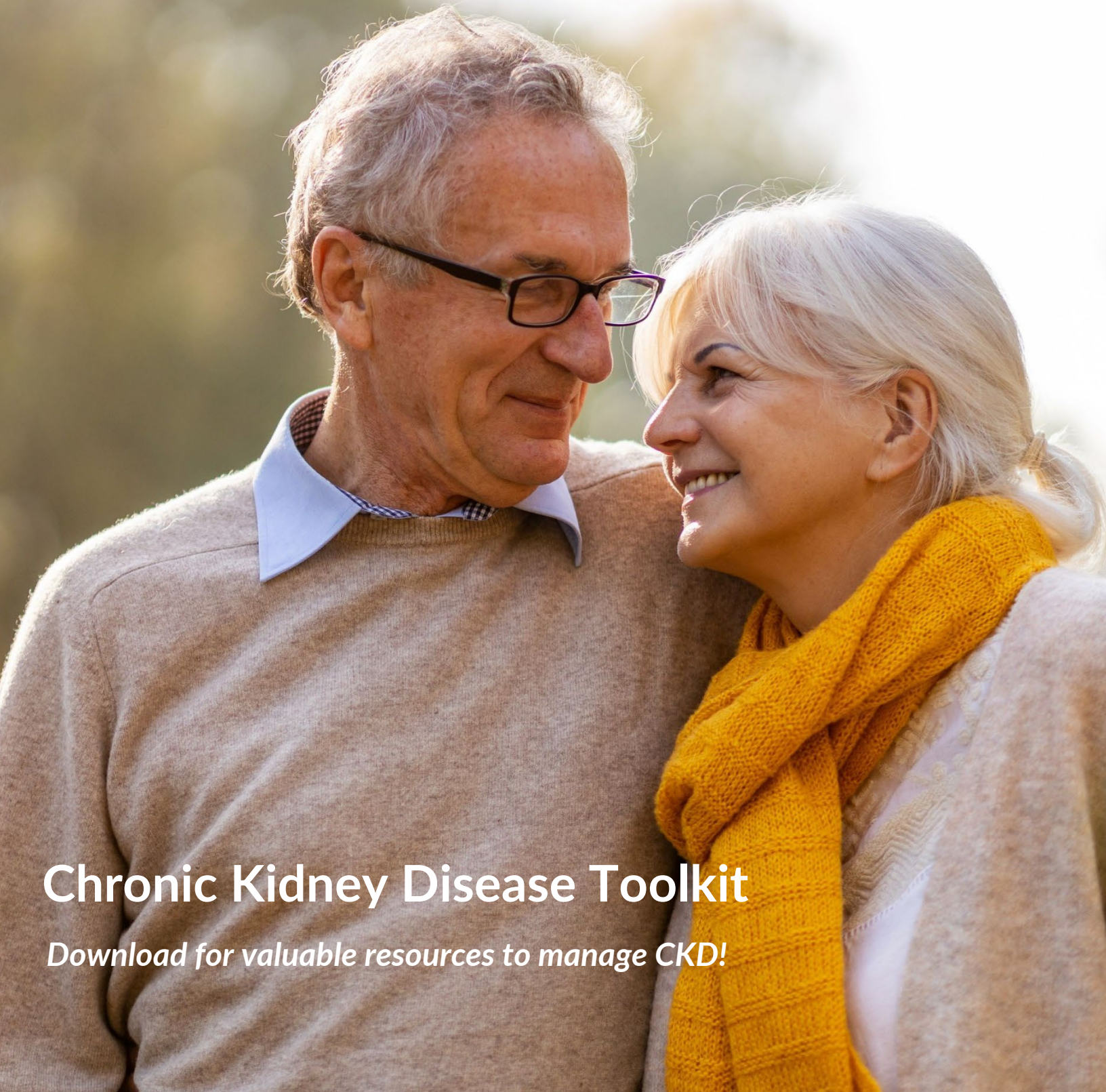


Arizona Care  
Network



# Chronic Kidney Disease Toolkit

*Download for valuable resources to manage CKD!*



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## About the Chronic Kidney Disease Toolkit

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Arizona Care Network created this toolkit because our doctors want to make it easier for you to manage and slow the progression of your kidney disease. We understand that a recent diagnosis of CKD (chronic kidney disease) can be daunting, which is why we have compiled valuable resources so you can learn about your condition and take charge of your medical care and slow the damage to your kidneys.

### What is ACN?

Arizona Care Network is an Accountable Care Organization (ACO), which is a group of doctors and other healthcare providers who share a common vision to:

- Provide high-quality, coordinated care for patients
- Meet specific care standards that are set based on proven protocols and measures to enhance care quality
- Reward providers who improve population health by meeting those standards
- Avoid unnecessary duplication of services and prevent medical errors



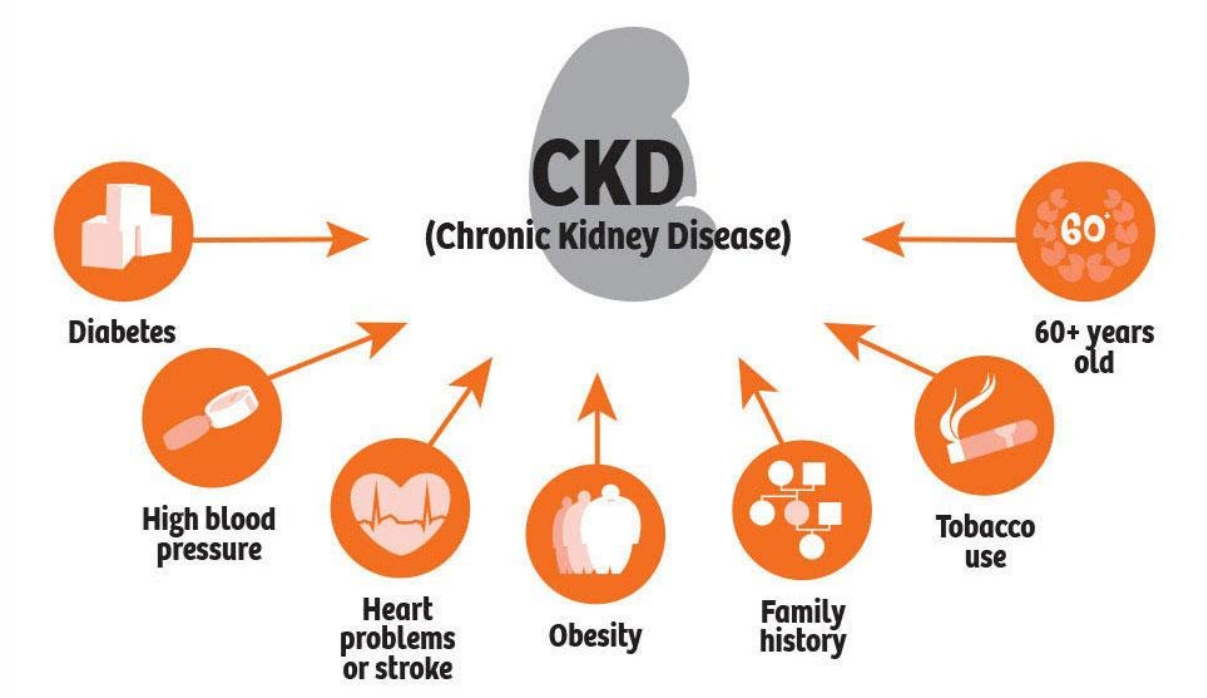
For additional resources, please contact ACN's Concierge at **602.406.7226** or e-mail [members@azcarenetwork.org](mailto:members@azcarenetwork.org).

## Risk of Chronic Kidney Disease

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Anyone can get chronic kidney disease at any age. However, some people are more likely than others to get kidney disease. You may have an increased chance for kidney disease if you:

1. Have diabetes
2. Have high blood pressure
3. Have a family history of chronic kidney disease
4. Are age 60 or older
5. Are African American, Hispanic, Asian/Pacific Islander or American Indian.



Source: [Siemens Healthineers, 2022](#)

## Overview of Chronic Kidney Disease

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Chronic kidney disease or CKD is when your kidneys are damaged and lose their ability to filter wastes and fluids out of your blood. These wastes can build up in your body and harm your health. CKD breaks down into stages based on the amount of damage to your kidneys and how well they still work. When your kidneys stop working completely, this is called kidney failure (Stage 5 CKD). If this happens, you may need dialysis or a kidney transplant.

In the early stages of kidney disease, you may not have any signs or symptoms. In time, your kidneys work less well to filter waste and fluids out of your blood. In later stages of kidney disease, you may notice symptoms, including:

- Itching
- Muscle cramps
- Feeling sick to your stomach or throwing up
- Not feeling hungry
- Swelling in your feet and ankles
- Urinating more or less often than usual
- Trouble catching your breath
- Trouble sleeping

## How to Evaluate for CKD

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When you have CKD, it is important to know what stage you are in and what caused your kidney disease. Your doctor will do tests and exams to find out how well your kidneys still work to filter wastes and fluid from your blood. These include:

- **A physical exam**
- **Blood tests:** Your doctor may look at creatinine, urea, blood sugar, cholesterol, sodium, potassium, and GFR (filtration rate of your kidney) to see how well your kidneys are working
- **Urine (pee) tests:** doctors will measure the amount of a protein called albumin in your urine. A high level of albumin may be a sign of CKD.
- **Imaging tests**
- **Kidney biopsy**

### The results of these tests will show:







- The amount of damage to your kidneys
- Your eGFR (estimated glomerular filtration rate), which shows how well your kidneys still work to filter waste and fluid out of your blood
- Clues about what may be the cause of your kidney disease

### The two key markers for CKD are:

- Urine albumin
- eGFR

# Chronic Kidney Disease Staging

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Stages of Chronic Kidney Disease		GFR*	% of Kidney Function
<b>Stage 1</b>	Kidney damage with <b>normal</b> kidney function	<b>90 or higher</b>	 90 - 100%
<b>Stage 2</b>	Kidney damage with <b>mild loss</b> of kidney function	<b>89 to 60</b>	 89 - 60%
<b>Stage 3a</b>	<b>Mild to moderate</b> loss of kidney function	<b>59 to 45</b>	 59 - 45%
<b>Stage 3b</b>	<b>Moderate to severe</b> loss of kidney function	<b>44 to 30</b>	 44 - 30%
<b>Stage 4</b>	<b>Severe</b> loss of kidney function	<b>29 to 15</b>	 29 - 15%
<b>Stage 5</b>	Kidney <b>failure</b>	<b>Less than 15</b>	 Less than 15%

*\*Your GFR number tells you how much kidney function you have. As kidney disease gets worse, the GFR number goes down.*

Source: [Teladoc Health, 2022](#)

## Diet Recommendations

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### People with kidney disease may need to control the amount of:

- Protein
- Sodium
- Potassium
- Phosphorus
- Calcium

Eating the right amount may help control the buildup of waste and fluid in your blood. This means your kidneys do not have to work as hard to remove the extra waste and fluid. If your kidney disease gets worse, you may need to limit other nutrients as well. Your dietitian or healthcare provider will tell you if you need to do this based on your blood test results.



### Protein

Having too much protein can cause waste to build up in your blood, and your kidneys may not be able to remove all the extra waste. If protein intake is too low, however, it may cause other problems so it is essential to eat the right amount each day.

### The amount of protein you need is based on:

- Your body size
- Your kidney problem
- The amount of protein in your urine

\*\*Your dietitian or healthcare provider can tell you how much protein you should eat. \*\*



Visit <https://azcarenetwork.org/patients/find-a-provider/>



## Diet Recommendations (cont.)

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### Potassium

Potassium works with the muscles, including the heart. Too much or too little potassium in the blood can be very dangerous. The amount of potassium you need is based on how well your kidneys are working and your medications. Your dietitian or healthcare provider can tell you about foods with potassium and the right amount for you to eat each day.



### Phosphorus

As kidney function gets lower, extra phosphorus can start building up in the blood. High phosphorus levels can cause bones to get weaker. Your dietitian or healthcare provider can tell you if you need to limit foods that are high in phosphorus.



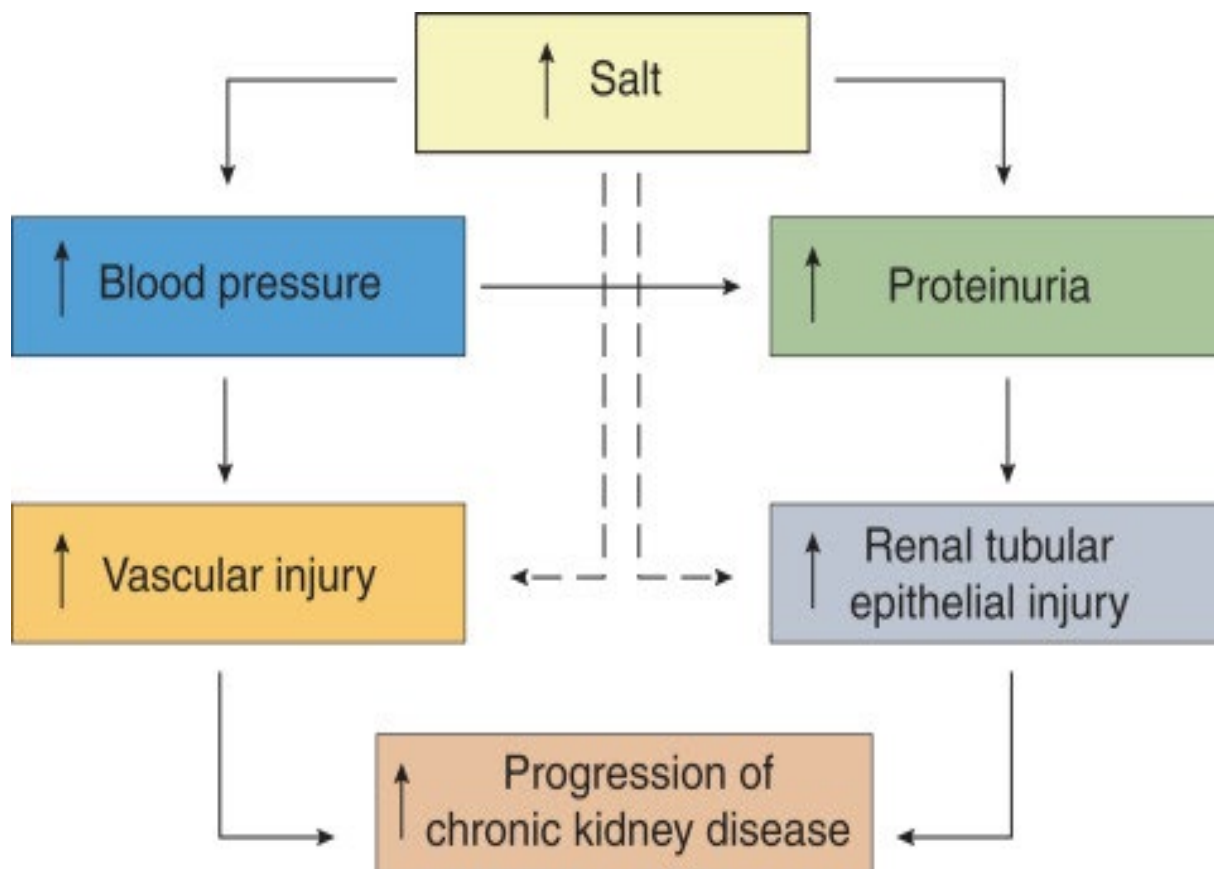
### Calcium

Foods that are good sources of calcium are often high in phosphorus. Your dietitian or healthcare provider will tell you if you need to limit calcium. Before taking any over-the-counter vitamin D or calcium supplements, talk to your healthcare provider.

## Low Sodium Diet

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The higher your average sodium intake, the higher your blood pressure will be. Limiting your sodium intake will help to lower risk of hypertension, cardiovascular disease, congestive heart failure and chronic kidney disease.



People with kidney disease have reduced or lost the ability to balance sodium and water in their body. Therefore, it is important as part of your disease management to speak to a dietician to maintain a kidney diet and a low sodium diet. Depending on your stage of kidney disease your kidney doctor may place you on a restricted amount of fluid intake. It's important to realize that excess sodium consumption can make you feel thirsty, which can make following a fluid restriction difficult.

## Low Sodium Diet (cont.)

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Everything that you consume (eat or drink) may have sodium as an ingredient. It is very important to pay close attention to the nutritional facts on the back of all foods and drinks. Some foods that contain high amounts of sodium rarely taste salty, so it's important to check food labels and ingredients.

To identify hidden sources of salt, look for the following words anywhere in the ingredient list:

- Sodium
- Baking powder
- Baking soda
- Brine

Limit entrees to:

**<600 mg or 30%**

of your daily value of sodium

Choose single food items with:

**<200 mg or 10%**

of your daily value of sodium.

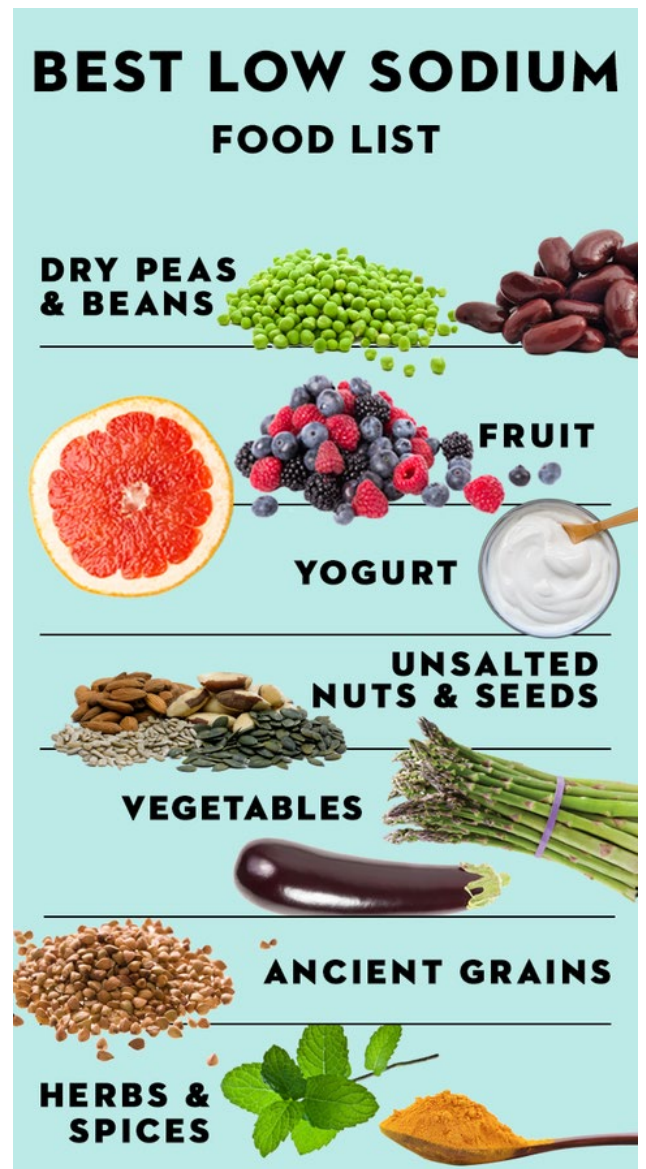
Sodium = salt

**2,300 mg = 1 tsp salt**

According to the new Dietary Guidelines for Americans, adults and children are advised to eat **less than 2,300 mg of sodium per day**.

People who are 51 and older, African Americans, and people with diabetes, hypertension or CKD should reduce their sodium intake to 1,500 mg each day.

Source: [Good Housekeeping, 2022](#)

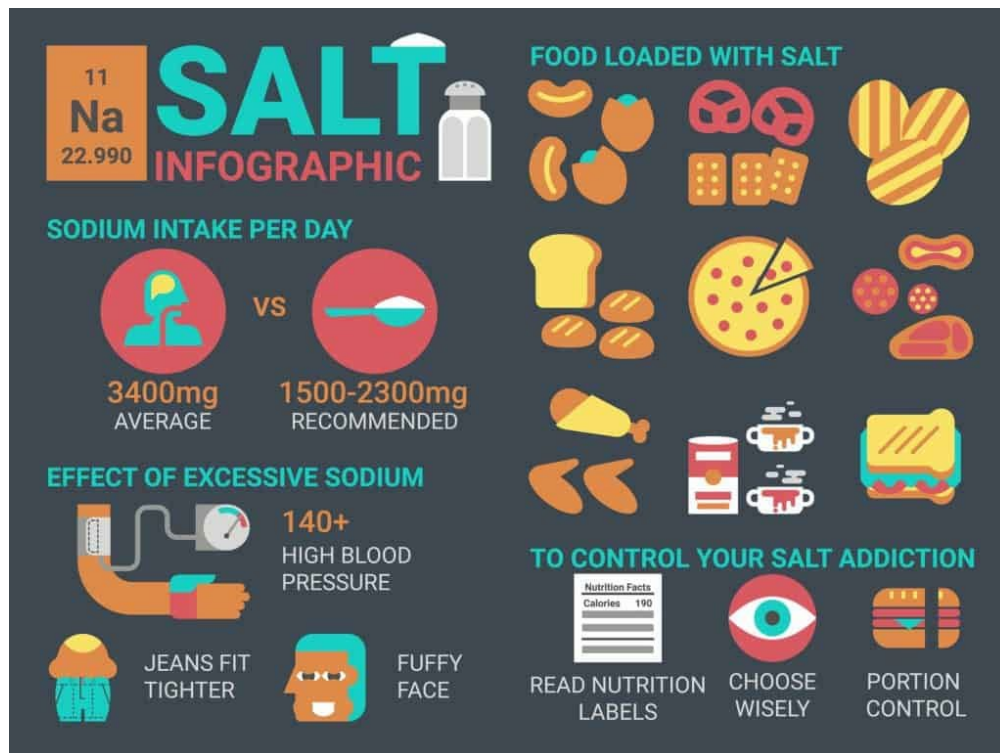


## Low Sodium Diet (cont.)

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### Kidney-friendly fruits and vegetables:

- Apples, berries, peaches, and pears
- Fresh or frozen vegetables without added salt
- Low- or no-salt versions of canned vegetables
  - **Pro tip:** You can also remove extra sodium from canned vegetables by emptying the contents into a colander, rinsing them under fresh water and cooking the vegetables in more fresh water



Source: [Power of Positivity, 2022](#)

### Foods to Avoid:

- Fast food, frozen dinners, packaged side dishes and breakfast / deli meats
- Cured meats like pepperoni and sausage.
  - **Pro tip:** Choose fresh meats and fish when you want to cook a low-sodium recipe. Check labels on fresh meat and poultry to avoid products that are injected with a sodium solution.

## Low Sodium Diet (cont.)

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### Kidney-friendly, low-sodium condiments, seasonings and sauces

Try using fresh ingredients more often when cooking at home to control your sodium intake. Instead of grabbing the salt shaker, reach for fresh herbs and spices to add flavor to your favorite meal. If you eat out, ask for your meal to be prepared without salt or choose lower-sodium options where available.

The DASH (Dietary Approaches to Stop Hypertension) diet is designed to manage blood pressure by reducing salt in your diet and eating foods that are low in fat and cholesterol. Even if you do not have hypertension, [here is a list of recipes that incorporate low sodium and may be appropriate for you.](#)

FOOD GROUP	DAILY SERVINGS	SERVING SIZES
<b>Grains and grain products</b>	7-8	1 slice bread 1 cup ready-to-eat cereal* ½ cup cooked rice, pasta, or cereal
<b>Vegetables</b>	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 ounces vegetable juice
<b>Fruits</b>	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit 6 ounces fruit juice
<b>Lowfat or fat free dairy foods</b>	2-3	8 ounces milk 1 cup yogurt 1 ½ ounces cheese
<b>Lean meats, poultry, and fish</b>	2 or fewer	3 ounces cooked lean meat, skinless poultry, or fish
<b>Nuts, seeds, and dry beans</b>	4-5 per week	1/3 cup or 1 ½ ounces of nuts 1 tablespoon or ½ ounce seeds ½ cup cooked dry beans
<b>Fats and oils †</b>	2-3	1 tsp soft margarine 1 tbsp lowfat mayonnaise 2 tbsp light salad dressing 1 tsp vegetable oil
<b>Sweets</b>	5 per week	1 tbsp sugar 1 tbsp jelly or jam ½ ounce jelly beans 8 ounces lemonade

\*Serving sizes vary between 1/2 cup and 1 1/4 cups. Check the product's nutrition label. † Fat content changes serving counts for fats and oils: 1 tbsp of regular salad dressing equals 1 serving, 1 tbsp of lowfat salad dressing equals 1/2 serving, and 1 tbsp of fat free salad dressing equals 0 servings.

## Exercise Recommendations

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In general, it is recommended for everyone to get at least 30 minutes of exercise, five days a week. This can be walking with a friend, swimming, riding a bike or even dancing/gardening. The goal is to get some sort of movement within your day as much as your body and health allows.

### Exercises for Better Health:



1. **Walking, swimming, cycling and dancing:** Cardio exercises increase your heart rate, help you maintain a healthy weight and decrease your risk of heart disease and Type 2 diabetes.



2. **Yoga or stretching class:** Helps you stay flexible, decreases your risk of injuries, boosts blood flow to your muscles, and eases tension. It is also a good way to relax.



3. **Weightlifting, resistance bands and body-weight exercise:** Keeps your bones strong (proven to prevent bone-thinning), prevents muscle loss, improves blood-sugar control, balance, sleep, and mental health.

### Find a Gym Close to Home

- **Budget gyms:** Planet Fitness, EOS Fitness, YMCA, or a community center
- **Other gyms:** LA Fitness, Anytime Fitness, Mountainside Fitness
- **Your Insurance Provider:** Some insurance plans offer gym memberships and discounts as part of your benefits. Contact your insurance provider to see if this is a benefit you can take advantage of!

### Tips to Have Fun and Stay Motivated

- Group exercise classes such as yoga, Pilates, CrossFit, Zumba, and cycling
- Exercise with a family member or friend
- Work with a personal trainer to achieve your goals
- If you are a senior, some senior centers offer fitness memberships and programs. Research the senior centers in your local area to learn more!

## Community Resources

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Better healthcare starts with a better care model. ACN's Care Coordination team goes beyond care delivery and includes connections to community resources that can help support health and wellbeing.

### Food

<p><b>Angel Food Ministries</b> Low cost food co-op <a href="http://Angelfoodministries.com">Angelfoodministries.com</a></p>	<p><b>Chandler Christian Community Center</b> <a href="tel:480.963.1423">480.963.1423</a> 345 S. California St. Chandler, AZ 85225</p>
<p><b>Matthew's Crossing Food Bank</b> <a href="tel:480.857.2296">480.857.2296</a> 1368 N. Arizona Ave., Ste 112 Chandler, AZ 85225</p>	<p><b>Salvation Army</b> <a href="tel:602.267.4100">602.267.4100</a></p>
<p><b>Pas de Cristo</b> <a href="tel:480.464.2370">480.464.2370</a> Dinner daily @ 5:45 pm, food bank every 2nd Tuesday &amp; 4th Saturday from 11 am – 2 pm</p>	<p><b>St. Mary's Food Bank</b> Main Number: <a href="tel:602.352.3640">602.352.3640</a> Chandler: <a href="tel:480.814.7778">480.814.7778</a> Surprise, Phoenix (43<sup>rd</sup> Ave), Glendale: <a href="tel:602.242.3663">602.242.3663</a></p>
<p><b>Borderlands Food Bank</b> <a href="tel:800.551.6754">800.551.6754</a> \$10 for 60lbs of produce</p>	

## Community Resources cont.

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### Home Delivered Meals

Name	Address	Contact Information
<p><b>Gilbert Senior Center's Home Delivered Meals Program</b></p> <p><i>Daily meals provided M-F for senior citizens and disabled residents. \$5 per meal.</i></p>	<p>N/A</p>	<p><u><a href="tel:480.503.6058">480.503.6058</a></u></p>
<p><b>City of Phoenix Senior Services</b></p>	<p>200 Washington, 17th Floor Phoenix, AZ 85003</p>	<p><u><a href="tel:602.262.7379">602.262.7379</a></u></p>
<p><b>Elderly Nutrition Program-Home Delivered Meals Area Agency on Aging Region I, Inc.</b></p>	<p>1366 East Thomas Road, Suite 108 Phoenix, AZ 85014</p>	<p><u><a href="tel:602.264.2255">602.264.2255</a></u> <u><a href="http://aaaphx.org">aaaphx.org</a></u></p>
<p><b>Inter-Tribal Council of Arizona</b></p>	<p>2214 N. Central Avenue Suite 100 Phoenix, AZ 85004</p>	<p><u><a href="tel:602.258.4822">602.258.4822</a></u></p>
<p><b>City of Phoenix, Human Services Department</b></p>	<p>212 E. Alta Vista Phoenix, AZ 85042</p>	<p><u><a href="tel:602.495.5563">602.495.5563</a></u></p>
<p><b>City of Phoenix, Westside Senior Center</b></p>	<p>4343 W. Thomas Rd Phoenix, AZ 85031</p>	<p><u><a href="tel:602.534.1177">602.534.1177</a></u></p>





## Community Resources cont.

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### Social Services-CAP Offices

Community Action Agencies provide emergency assistance, utility and telephone assistance, rental/mortgage assistance, housing repair, rehabilitation and weatherization, food boxes and other food and nutritional programs, case management, advocacy and referral, head start, self-help housing and homeless services.

Location	Information
Phoenix	<u>602.415.3668</u> Phone appointments only on Mondays at 8 AM
Glendale	<u>623.930.2460</u> or <u>623.930.2854</u>
Peoria	<u>623.979.3911</u>
Mesa	<u>480.833.9200</u> Appointments only on Wednesday 2 – 2:30 PM
Chandler & Gilbert	<u>480.963.1423</u>
Avondale	<u>623.333.2700</u> Appointments from 8 AM – 5 PM
Tolleson	<u>623.936.2760</u>
Buckeye	<u>928.683.6502</u>
DES Family Assistance Administration & Information Line	<u>800.352.8401</u>
DES Public Information Office	<u>602.542.4296</u>
Division of Developmental Disabilities	<u>866.229.5553</u>
Adult Protective Services (APS)	<u>877.767.2385</u>
Suicide Crisis Hotline	<u>480.484.1500</u>
Magellan Health Services	<u>602.222.9444</u> Hotline or <u>800.631.1314</u>
Warmline	<u>602.347.1100</u>



## Community Resources cont.

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### Alternative Transportation

The city of Phoenix provides alternative transportation for people with disabilities and senior citizens through its taxicab subsidy programs. Taxicab programs allow more flexibility for senior and Americans with Disabilities Act (ADA) passengers, allowing them to plan trips based on their schedule.

For more information on city of Phoenix alternative transportation programs, call MV Transportation at [602.801.1160](tel:602.801.1160).

#### There are various programs available to passengers:

**ADA Cab:** ADA Cab provides taxi vouchers for people with disabilities to travel wherever they choose. Participants must be Phoenix residents and ADA-certified to participate. There is no age restriction on this program.

**Senior Cab:** The Senior Cab program provides taxi vouchers for Phoenix residents age 65 and older, to travel wherever they choose. Vouchers are sold in different amounts and provide about a 60 to 70% savings.

**Senior Center Shuttle:** This program takes the place of Reserve-a-Ride. It provides members of Phoenix's senior centers flexible transportation through the use of taxi service between their personal residence and their nearest senior center during operating hours. Passengers should sign up for the service at their senior center.

**Work Trip:** Work trip vouchers support travel to and from jobs for people with disabilities. The origin and destination is pre-printed on the voucher and travel times are set in advance.

**Dialysis Trip:** Dialysis trip vouchers support travel to and from medical centers for ongoing dialysis treatment.



## Medication Cost

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### 3 Money-Saving Tips:

- Use generic medications to save money since they are usually less expensive and equally as effective to brand name drugs
- Shop around for your medications. Sometimes paying cash at your local pharmacy is less than your medication's copay.
- Talk to your doctor to find out if a 90-day supply is better for you. It might help you save money.

### Patient Assistance Programs:

Most pharmaceutical companies offer financial assistance programs to people who have trouble affording their medications and supplies.

Each program has specific criteria that must be satisfied for you to be considered eligible for a financial assistance program.

### List of Patient Drug Assistance Program Directories:

- **Benefits Check Up**

BenefitsCheckUp is a service of the National Council on Aging that has information on benefits programs for seniors with limited income and resources. You can search for programs that help you pay for prescription drugs as well as healthcare, rent, utilities and other needs.



[benefitscheckup.org/](https://benefitscheckup.org/)

- **Needy Meds**

Resource for drug assistance programs to help you afford your medications and other healthcare costs



[needymeds.org/](https://needymeds.org/)

## Medication Cost cont.

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- **Medication Assistance Tool**

A tool to research patient assistance programs that you may qualify for.



[medicineassistancetool.org](https://medicineassistancetool.org)

### Places to Shop Around to Ensure You Are Receiving the Best Value:

**Costco:** You can fill prescriptions at the pharmacy even without a Costco membership. Costco provides cash prices on most of their medications in their online search tool.



[costco.com/pharmacy/drug-directory-main](https://costco.com/pharmacy/drug-directory-main)

**Walmart:** Cash price for a 30-day supply is \$4 while a 90-day supply is \$10 for a select list of medications.\*



[walmart.com/cp/\\$4-prescriptions/1078664](https://walmart.com/cp/$4-prescriptions/1078664)

\*Prices listed are as of March 2020. Please contact the retailer to confirm.

**Walgreens:** You must enroll in a prescription savings program for medication discounts. The program is \$20 for an individual or \$35 for a family per year. A 30-day supply may range from \$5-\$15 and a 90-day supply may range from \$10-\$30.\*



[walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf](https://walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf)

## Medication Cost cont.

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**Sam's Club:** If you are a Sam's Plus Member, extra discounts are available for select medications. Over 200 prescriptions are at \$4.\*



<https://www.samsclub.com/content/prescription-savings>

\*Please contact the retailer to confirm pricing of your medications.

### Online Prescription Savings Tools:

**GoodRx:** Provides discounts from most pharmacies. It is a free tool to search for your medication and receive coupons to show at the pharmacy.



[goodrx.com/](https://www.goodrx.com/)

**Blink Health:** Similar online tool to GoodRx that is free to use and provides discounts at most pharmacies.



[blinkhealth.com/](https://www.blinkhealth.com/)

**Call your local pharmacy:** Ask for the cash price at a pharmacy to help you save money. Comparable to a prescription savings program or online tool.

## Additional Resources

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Visit the National Kidney Foundation website at [kidney.org/patients/resources](https://www.kidney.org/patients/resources)



Visit the Centers for Disease Control and Prevention (CDC) at [cdc.gov/kidneydisease/publications-resources/educational-resources.html](https://www.cdc.gov/kidneydisease/publications-resources/educational-resources.html) to listen to valuable podcasts



Visit Fresenius Kidney Care at [freseniuskidneycare.com/tools-and-resources](https://www.freseniuskidneycare.com/tools-and-resources) to get resources for living well with CKD



## Important Information

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### Medical Emergency

If you are experiencing a medical emergency, please call 911. The toolkit is an education tool and is not an appropriate resource to respond to life threatening or emergent health situations.

### Information Use

Information in this document is only intended as general summary information that is made available to the public. It is not intended to provide specific medical advice or to take the place of either the written law or regulations.

Informational resources are designed to help support your diabetes care. Individuals are urged to consult with qualified health care providers for diagnosis and treatment and for answers to personal questions.

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