

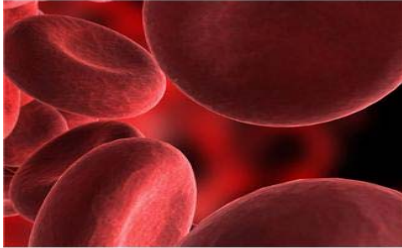
Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

8th Edition

What's All The Talk About Anemia?



Anemia is common in people with kidney disease. Healthy kidneys make a hormone called erythropoietin or EPO. This hormone is what makes the right amount of red blood cells in your body. Your body needs both EPO and iron to make red blood cells,

and people with kidney disease often don't make enough EPO and/or have enough iron. When this happens your bone marrow makes fewer red blood cells. Anemia occurs when you don't have enough red blood cells to carry oxygen to all the cells in the body.

Anemia is measured by drawing a complete blood count (CBC) to check your hemoglobin level. Hemoglobin (which gives blood its red color) is the part of red blood cells that carries oxygen from your lungs to all the cells in your body. This oxygen gives energy to your muscles and organs to help them work. A low oxygen level (which is measured by Hemoglobin) could cause you to feel very weak and tired.

If your red blood cell levels are low, your heart will have to work extra hard to get oxygen where it is needed. The most common causes of anemia are kidney disease, blood loss, medicine side effects, not enough iron or vitamin B12 or folic acid, and a poor diet.

Signs and Symptoms of Anemia

Below are some common symptoms of anemia. Since everyone is not the same, you should speak with your kidney doctor if you have any of the following symptoms.

- Weakness
- Tiredness
- Shortness of breath
- Rapid heart beat
- A hard time sleeping
- Dizziness
- Headaches
- Eating less

Managing Anemia

- Stay active
- Take your medicine as prescribed by your kidney doctor
- Eat foods high in iron (some foods can be bad for kidney patients so talk with your dietitian to make a meal plan)
- Come to all your hemodialysis treatments so you can get your EPO



High Iron Foods for Dialysis Patients

- All types of liver (limit to only 2 ounces a month due to high phosphorus)
- Cereals with iron added such as Total, Cream of Wheat (especially cereal with 100% iron)
- Beef
- Venison
- Turkey
- Chicken
- Pork
- Turnip greens

Dialysis Friendly Recipes

Grilled Pork Rub

Ingredients:

- 3 tablespoon brown sugar
- 2 teaspoon garlic powder
- 2 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/8 teaspoon salt
- 2 pounds pork tenderloin

Directions:

1. Combine seasonings. Coat pork evenly with the rub. Refrigerate 30 minutes or up to 3 hours for stronger flavor.
2. Lightly grease grill rack. Preheat grill to medium heat or use coals that have been pushed to one side of the grill.
3. Grill 25-30 minutes or until pork registers 160°F with meat thermometer, turning occasionally. (note: Cover grill while cooking)
4. Remove from grill, cover with aluminum foil. Let stand 5 minutes before cutting into slices.



image compliments of myrecipes.com

Red Wine and Spice-Marinated Steak

Ingredients:

- 1/4 cup red wine
- 2 tablespoon olive oil or any cooking oil
- 2 tablespoon McCormick® Grill Mates® Salt Free Steak Seasoning or Mrs. Dash Grilling Steak Blend®
- 1 tablespoon brown sugar
- 1 teaspoon ground mustard
- 1 1/2 pounds steak such as sirloin, or New York Strip, trimmed of extra fat

Directions:

1. Combine red wine, olive oil, steak seasoning, brown sugar and ground mustard in a large zip lock bag or large bowl.
2. Add steak.
3. Marinate in refrigerator 30 minutes or longer for extra flavor. Remove steak from marinade; throw away marinade.
4. Preheat grill or light coals.
5. Grill steak 6-7 minutes per side, or until desired doneness.



image compliments of wizardrecipes.com

Network 8 would like to thank the following dietitians for their contribution and review of this publication:
Carol Embrey, Kathy Reynolds, and Rita Solomon-Dimmitt.

Visit Network 8 on the web at www.esrdnetwork8.org