

# “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:

### What to eat



#### Whole foods, such as:

- Fruits
- Vegetables
- Nuts
- Whole grains and high-fiber carbohydrates that are low in sodium
- Beans
- Lean protein with omega-3 fats, such as fish and eggs
- Poultry

### What to avoid



- Food or drinks that contain lots of sodium, as this may cause your blood pressure to rise
- Smoking may cause your blood pressure to rise, which can cause damage to your kidneys



**Exercise regularly** to improve blood pressure, sleep, heart health, bone mass, and more. Make sure to check with your physician prior to engaging in exercise.



**Practice relaxation techniques**, such as meditation and breathing, to help reduce stress.



**Drink lots of water** to help suppress vasopressin, an antidiuretic hormone that stimulates cyst growth.



**Pay attention to your body** to stay aware of your health so you can respond quickly and correctly to any issues.



**Take medications as directed by your doctor** and check with your healthcare provider before you make a change.



**Keep all your appointments** in order to schedule and manage checkups and routine testing. Regular appointments will help you and your healthcare team keep track of your condition.

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

For more information, visit [ADPKDquestions.com](https://www.adpkdquestions.com).

ADPKD=autosomal dominant polycystic kidney disease.