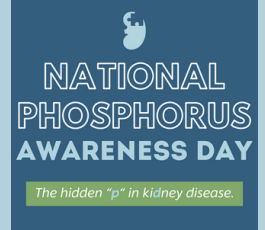


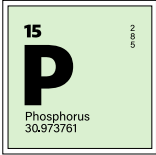


Questions for Your Doctor

A tool to help kidney patients and caregivers have more effective dialogue with their healthcare teams.



AAKP wants you to learn more about “The Hidden “P” in Kidney Disease.”

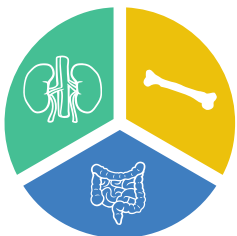
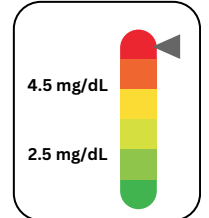


What is phosphorus?

Phosphorus is a naturally occurring mineral found in many foods we eat and in all living matter because it is essential for life. Phosphorus, with calcium, is essential to build strong bones and teeth. P is the medical abbreviation for phosphorus.

What is high phosphorus?

Hyperphosphatemia, or high phosphorus, is a condition when serum phosphorus is higher than it should be. A normal serum phosphorus is 2.5 to 4.5 mg/dL. High phosphorus is a level above 4.5 mg/dL. Phosphorus levels can be determined by a blood test.



What can cause kidney patients to have high phosphorus levels?

There are several regulators of phosphorus: the kidneys, bones, and intestines, with the help of hormones such as parathyroid hormone. Other hormones that regulate phosphorus include FGF23, calcitriol, estrogen and adrenaline. These regulators require healthy kidneys. The most common cause of high phosphorus (hyperphosphatemia) is chronic kidney disease (CKD). Thus, if your kidneys are not working properly, phosphorus can rise to high levels as excess phosphorus is normally removed by the kidneys.

Hyperphosphatemia is a common condition among people on dialysis. Managing phosphorus levels can be challenging. Be your own best advocate and talk to your healthcare team about your options.

How will I know if I have high phosphorus?

Symptoms of high phosphorus (hyperphosphatemia) are often “silent” and often discovered during routine blood work.



What can I do to reduce my risk of high phosphorus?

High phosphorus can be managed with diet changes, prescription medication, dialysis (depending on the severity of kidney damage), and monitoring by your healthcare team. You and your healthcare team will determine the best course of treatment for you.



Ask your doctor what type of medication(s) are right for you! Options may include a phosphate binder, or a new treatments such as a phosphate blocker.

Learn how phosphorus appears within the ingredient list of the Nutrition Facts Label. You can find the hidden phosphorus by looking for words that include PHOS. Examples of additives containing PHOSPHORUS you might find in the ingredients:

- Sodium **PHOS**phate
- **PHOS**phoric acid
- Hexameta**PHOS**phate
- Sodium tripoly**PHOS**phate
- Dicalcium **PHOS**phate



Get familiar with high phosphorus foods. Scan the QR code or visit bit.ly/nutritioncounter to download AAKP’s Nutrition Counter!



National Phosphorus Awareness Day is on 4.5 - learn more!
TheHiddenPinKidneyDisease.org
#TheHiddenPinKidneyDisease