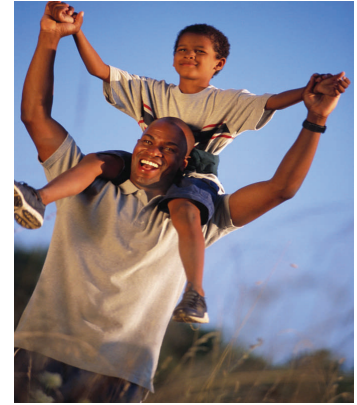


Phosphorus, Calcium, and Vitamin D

Stay strong with the right balance



What is phosphorus?

- A mineral in your body that works with another mineral, calcium, and Vitamin D to build strong bones
- Healthy kidneys remove extra phosphorus
- If you have chronic kidney disease (CKD), phosphorus can build up in your body

Phosphorus, calcium and your bones

- Phosphorus acts like a magnet for calcium
- If your phosphorus is too high, calcium is pulled out of your bones and into your bloodstream
- Your bones then become weak and brittle

Phosphorus, calcium and your heart

- Extra phosphorus and calcium in your bloodstream stick to the walls of your blood vessels
- The blood vessels become narrow and hard, leading to heart attacks and strokes
- The extra calcium and phosphorus get into your heart muscle and other parts of your body
- This causes hardening (calcification) in your body, and serious health problems

Vitamin D also plays a part

- Vitamin D is activated by healthy kidneys
- Vitamin D helps your bones absorb calcium
- If your kidneys don't activate enough Vitamin D, calcium gets out of balance

Know your labs

- Your phosphorus lab should be between 3.5 and 5.5
- Talk with your doctor about where you are

What you can do

- You may need to limit phosphorus in your diet
- You may need take a medication that provides Vitamin D
- You may need to take medications called “binders” that attract extra phosphorus and help remove it from your body

If you need to follow a low phosphorus diet

- Phosphorus is found in most foods
- Meat and milk products are highest
- A dietitian can teach you how to choose the right amount of phosphorus