

Transplant Connection

Volume 6, Issue 1 · Spring 2016

Maximize health, minimize risks

You got your transplant. You are comfortably managing your medications and diet. Most likely you feel great and are getting back to activities you enjoy. Keep up the good work to maximize your health and minimize risks such as heart disease and high blood pressure.

High blood pressure. Having had a transplant puts you at greater risk for high blood pressure (hypertension). If you had hypertension before getting your new kidney, it may continue afterward. Hypertension might also be a side effect of anti-rejection medications or come from weight gain after transplant.

➔ You can lower your risk of hypertension by:

- Checking your blood pressure. As a kidney transplant recipient, your target is less than 130/80
- Managing your blood pressure. Take medications as prescribed
- Following a low-salt diet
- Maintaining a healthy weight through good nutrition and regular exercise

Heart disease. People with kidney transplants are at greater risk for heart disease merely from having kidney disease. Heart disease also can be caused by other medical issues such as hypertension, diabetes or high cholesterol.

➔ You can lower your risk of heart disease by:

- Managing your blood pressure
- Controlling your blood sugar if you have diabetes
- Watching your cholesterol and blood lipids
- Exercising and following a healthy diet to maintain a healthy weight
- Quitting smoking



Registered dietitian Lacey Stroomey has lots of tips for eating well with a kidney transplant.

Medical nutrition therapy

Ask a dietitian all the questions you wonder about

**1-to-1 counseling
covered by insurance**

206-292-2771, ext. 1082

Remembering medications is hard — let technology help!

Taking your medications correctly is critical to stay healthy and ensure the success of your kidney transplant. Daily or weekly pill organizers help. But you may want to call on technology too.

There are well over 100 medication apps available on iTunes and Google Play. Better apps have refill reminders, dose logging, healthy habit tracking, and comprehensive medication information.

Here are three free ones worth trying:



David Lyons gets dialysis at our Seattle clinic at 15th and Cherry.



Mango Health

Easy to use interface and simple to set up. Standout feature is a points system to keep you motivated. You get points when you tell the app you've taken your meds. At various point levels you become eligible for weekly drawings for small gifts.



Medisafe

Simple to add doses and timing. It can also help track doctor appointments, and it includes a diary to record how you feel. Works with Google Fit to track blood sugar, blood pressure and calorie intake. Can send reminders to an iWatch.



MyMedSchedule

Offers medication reminders and, with a computer, you can print out detailed, easy-to-read medication lists. Some health care providers use it to send patients an updated medication list (with new doses or directions), especially convenient when medications are changing.

If a phone app is overly complicated or hard to manage, it may not truly help. Fortunately, there are many apps to choose from, and they are getting better all the time.

What's your
fitness goal?
There's an app
for that



Jack Frank's transplanted kidney was donated by his uncle.

Newer smartphones come with built-in apps to track your activity. Look for Google Fit, Pedometer, Runkeeper and MapMyWalk on your phone or in an app store. They can track how many miles you've walked, the time it took, your average pace, and calories burned. Many also can track bike riding, hiking, swimming and rowing.

Try out these free apps to help you get and stay fit.



SimpleSteps

Encourages you to make one simple dietary change at a time and sends daily reminders. The app starts with questions to help identify possible habits to work toward. Each day's success gives you points to unlock the next level. You can join with a friend to keep each other motivated.



MyFitnessPal

Allows you to track the foods you eat and totals up the calories, fat, carbohydrate, sodium and protein levels for you. You can scan barcodes with your phone's camera and MyFitnessPal will automatically enter the food into your log.



Sworkit

Provides cardio, strength, yoga and stretching workouts. The app lets you choose the type of exercise, for how long, and then tailors a plan to your needs. The step-by-step videos are easy to follow and the app guides you through the whole workout.

Go high tech or go low tech, but for sure get going!



www.nwkidney.org
pr@nwkidney.org
206-292-2771



Join us on Facebook and Twitter.
Hear the latest news as it happens!

Pharmacy: 206-343-4870 or 1-800-947-8902

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



NORTHWEST
Kidney Centers

700 Broadway • Seattle WA 98122

Our pharmacists know transplants!

Get expert advice,
great prices and
convenient delivery.

206-343-4870

nwkidney.org/pharmacy

There's help out there

Health care professionals from
many disciplines can help you make
changes that are good for your body
and your mind.



Our pharmacy team is ready to answer your questions.

Your doctor can help you manage your medications and symptoms, and give you advice on any limits you may have for an exercise program.

A dietitian can help you choose foods you like to eat while making sure your diet is healthy. Your dietitian can also help you maintain a healthy weight or help you to lose weight. Northwest Kidney Centers has a dietitian who can meet with you individually to customize a plan for you. **Call 206-292-2771, ext. 1082** and ask to schedule an appointment for medical nutritional therapy (MNT).

A social worker can help you get back to your normal routine of work, school or housework. Being involved in activities with others, outside of the home, helps your body and cuts your risk of depression. Speak with your doctor for a referral to see a social worker or contact your transplant center social worker.

Our pharmacists are just a phone call away if you have questions about your all-important transplant medications. Reach them for advice or prescription orders at **206-343-4870**.