

Transplant Connection

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Make exercise a routine part of your life

The list of benefits you get from regular exercise is long. Stay active so you can:

- lower your blood pressure
- strengthen your heart
- lower bad and raise good cholesterol
- make your bones stronger
- lower your stress level

Aim to do some activity every day. If you haven't been active lately, brisk walking is a good start. If you're already active, make a point to get at least 30 minutes, 5 days a week.

Choose an activity you enjoy and you're more likely to maintain the routine. Do you like walking? Biking? Paddling? Hiking? The important thing is to keep yourself moving on a consistent basis!

Staying active will pay health dividends as you age. Use the guide on page 3 to get started.

Get rid of unwanted medications safely



You can safely dispose of unwanted medicines at drop-boxes throughout Washington. By dropping off your medicines at participating pharmacies, clinics, hospitals and law enforcement offices, you ensure they won't accidentally end up in the hands of children or teenagers. Most prescription and over-the-counter medicines are accepted.

Visit www.takebackyourmeds.org/ to find a drop-off box location near you.



Kidney transplant recipient Patrick Boatsman kayaks on Lake Wilderness.

Any activity you enjoy is good for your health – so be sure to do it regularly.

Learn to translate sodium language on food labels

Nutrition labels and food packaging are intended to help you make healthy choices. If your doctor has recommended that you limit the sodium you eat, learn these definitions to make healthy choices about salt.

Salt/Sodium Free	=	5 milligrams or less per serving
Very low sodium	=	35 milligrams or less per serving
Low sodium	=	140 milligrams or less per serving
Reduced or less sodium	=	At least 25 percent less per serving than a “regular” item
Light in sodium/Lightly salted	=	At least 50 percent less per serving than a “regular” item
Unsalted/No salt added	=	No salt is added during processing

Be salt savvy when you shop

- Check out different brands: Hormel’s light sodium bacon has more salt than Western Brands regular bacon.
- Check the serving size. If a serving size is unrealistically small, how likely are you to stop at just one serving?
- Remember “free” isn’t necessarily free. A food labeled “salt free” can have 5 milligrams of sodium because label amounts can be rounded to the nearest 5 milligrams.
- “No salt added” foods may still contain natural sodium. One cup of canned tomatoes with no salt added contains about 40 milligrams of sodium.

Compare Brands

Note Serving Size

Really Salt-Free?



Registered dietitian Terese Wallace is available to provide you with medical nutrition counseling. You can ask any diet and nutrition question you have. One-to-one counseling is covered by insurance. Make an appointment today by calling 206-292-2771, extension 1082.

Managing your blood pressure

High blood pressure (hypertension) is very common among kidney transplant recipients. It may harm your transplanted kidney, heart or blood vessels, and that has implications for your long-term survival.

If you stick with it, you can manage blood pressure through:

- Taking medications as directed
- Making healthy lifestyle changes like eating less salt, being active, not smoking and losing weight

Ideal blood pressure for kidney recipients:



Systolic:
force when
heart is beating

Diastolic:
force between
heartbeats



Stan Iwata, who received a transplant in 2013, enjoys urban hiking in Seattle's Seward Park.

Build your strength and endurance over three months

Use this tool to reach an exercise routine of 30 minutes, 5 times a week.

Weeks	Days per week	Activity (example: brisk walk)	Total time (counting 5-minute warm up and 5-minute cool down)
1-4	3	Start with a 5-minute walk; add 2 minutes each time you walk in week 1.	15 minutes in week 1. 21 minutes in weeks 2-4.
5-8	4	Start with an 11-minute walk; add 2 minutes each time you walk in week 5.	21 minutes in week 5. 30 minutes in weeks 6-8.
9-12	5	Start with a 20-minute walk; add 2 minutes each time you walk in week 9.	30 minutes in week 9. 40 minutes weeks 10-12.
Goal	5	30 minutes	40 minutes



Kidney friendly pharmacy

Our kidney-specialist pharmacists can answer your questions and fill prescriptions for all of your medications, transplant-related or other. Delivery is free.

Monday - Friday

8 a.m. - 4:30 p.m.

206-343-4870

pharmacy@nwkidney.org



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



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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.



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The best of both worlds: taco pockets

These sandwiches deliver the delicious flavors of a taco in a soft pita pocket. Make them ahead of time and eat when you need a quick lunch or snack filled with protein.



Nutrition Facts (per serving)

Calories: 277, Carbohydrates: 22 grams, Protein: 23 grams,
Sodium: 367 milligrams, Phosphorus: 194 milligrams,
Potassium: 397 milligrams

Ingredients

- 8 ounces cooked, shredded chicken
- 2 ounces shredded cheddar cheese
- ¼ cup diced purple onion
- 2 pita pocket breads (6-inch diameter)
- 1 tablespoon lemon juice
- 1 medium chopped tomato
- 2 tablespoons French salad dressing
- 1 tablespoon taco sauce
- 1 cup lettuce, finely chopped

Preparation

In a bowl, combine chicken, onion and cheese. Cut pita bread in half. Spoon one quarter of mixture into each pita half. Wrap in foil or parchment paper to hold together. Refrigerate until serving. Mix sauce ingredients in small bowl. To serve, drizzle 2 tablespoons of sauce over chicken filling on sandwich and top with lettuce. Makes 4 servings. Keeps 3 days refrigerated.