

# HEALTHY KIDNEYS

## GLOSSARY

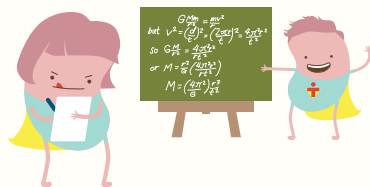


## HEALTHY KIDNEYS

This complete glossary of all highlighted terms in the Kidney Health Resource provides facilitators, families and children with simple to understand definitions of common terms used when talking about chronic kidney disease and general health.

The graphics associated with each glossary term connect to concepts in each module to assist with understanding. This resource is easily reproduced to share with families upon their request.

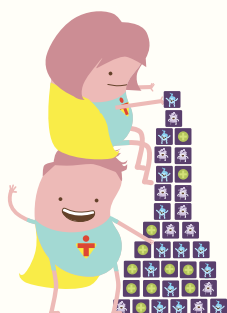
## HEALTHY KIDNEYS GLOSSARY



### ACID

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Acid is a substance our body uses for normal energy metabolism and good function of different tissues in the body. Foods we eat contain different amounts of acid. The body acid level is controlled by the kidneys.



### ACID BALANCE

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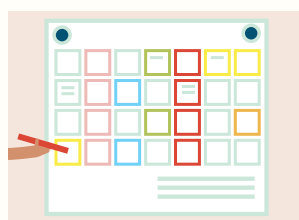
Acid balance is about the amount of acid your body needs. When there is too much acid, we call that acidosis. Some people with chronic kidney disease can get acidosis. The right amount of acid in the body is important for the body systems to work well, for children to grow and have strong bones. Your Kidney Health Team may suggest medicines to help keep the right amount of acid in your body.



### ACTIVE VITAMIN D

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Active vitamin D is the form of vitamin D that our body can use best. Active vitamin D is important for healthy bones because it has the strongest effect in the body to control calcium and phosphate levels. The kidneys control the amount of active vitamin D.



### ACTIVITY CALENDAR

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Activity calendar is a tool for tracking our physical activities. It can be a paper that we keep on the fridge and where we write down each day's activities. Or it might be an app on the phone where we enter the activities we do every day to stay healthy.



### AMBULATORY BLOOD PRESSURE MONITOR (ABPM)

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Ambulatory blood pressure monitor (ABPM) is a blood pressure test that is done at home. The nurse will put a blood pressure cuff on your arm in clinic. The cuff is worn for about 24 hours to see what your blood pressure is like at home, at school and when you are asleep.

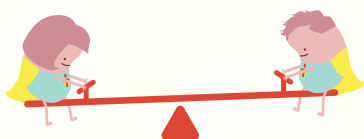
## HEALTHY KIDNEYS

### ANEMIA

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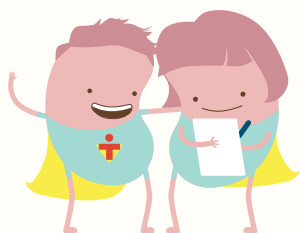
Anemia is the disease caused by having too few red blood cells. People with anemia can feel tired and look pale. Having anemia can be related to chronic kidney disease.



### BALANCE

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Balance is when you have just the right amount of something - not too much, not too little. Our kidneys balance many things in our body.



### BICARB

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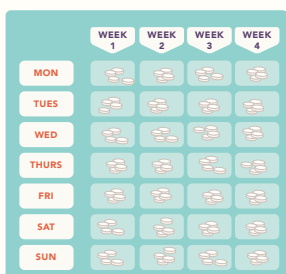
Bicarb is short for bicarbonate. Bicarb can combine with acids to take away the acidity. It is normally made by the kidneys to control the acid level in our blood. If you have chronic kidney disease, you may not be able to make enough bicarb, which can cause too much acid in your body. Your kidney health team may suggest taking medicines that replace bicarb, and help control your blood acid levels.



### BLADDER

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The bladder is like a bag inside your body that holds urine until you can go to the bathroom. The bladder is part of the renal system that makes and carries urine out of your body.



### BLISTER PACKS

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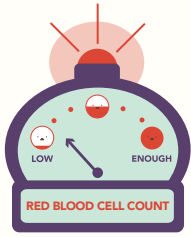
Blister packs are packages put together by the Pharmacist with all of our medicines sorted out. Each blister pack will contain a one-week supply of medicine. The blister pack will usually have 4 slots for medicines for each day. If medicine needs to be protected from air or light they will sometimes come in their own blister packs right from the company that makes them.



### BLOOD

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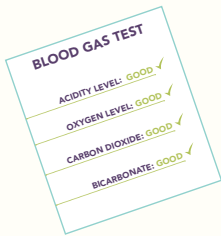
Blood moves or circulates around the body in blood vessels called arteries and veins. Blood carries energy nutrients, oxygen and other important substances to help our tissues and organs work well.



### BLOOD COUNT

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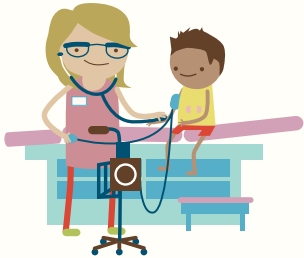
Blood count is a test used to measure the amount of blood cells in our body, like red blood cells and white blood cells. The test is done by taking a sample of our blood and looking at it in a lab under a microscope.



### BLOOD GAS

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Blood gas is a blood test used to measure how much oxygen, carbon dioxide and acid is in our blood. In the Kidney Health Clinic, it is mostly used to see if the acid levels in the blood are in balance.



### BLOOD PRESSURE

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Blood pressure keeps our heart full enough so it can pump blood to our whole body. Our body needs the right blood pressure so it can push blood to our brain, kidneys, muscles and other tissues and organs in our body. The kidneys help control the blood pressure in our body.



### BLOOD PRESSURE CUFF

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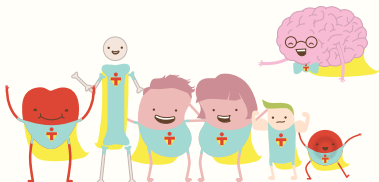
Blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Sometimes it is just called a "cuff". Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.



### BLOOD TEST

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Blood tests can check how well our body is working, whether we have enough or too much of certain vitamins and minerals and whether we might have an infection. A blood test is done by taking a small sample of our blood and testing it in a lab.

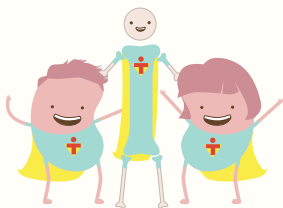


### BODY TEAM

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The Body Team is how we talk about the parts of the body like the heart, bones, blood and kidneys that work together to help us stay healthy.

## HEALTHY KIDNEYS



### BONES

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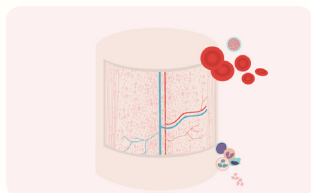
Bones are made of calcium, phosphate and other substances, and form our body skeleton. Healthy bones need enough nutrients from the food we eat, enough physical activity, and the right vitamins and hormones in our body. The kidneys are important for keeping bones healthy.

### BONE DISEASE

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Bone disease is a general term for when your bones may not be strong. Bone disease can be related to problems with bone minerals like calcium, phosphate or when there are problems with enough vitamin D or too much acid in your body. Some people with chronic kidney disease can have bone disease. There are blood tests and x-rays that can tell you and your Kidney Health Team if you have bone disease and what type of bone disease you have.



### BONE MARROW

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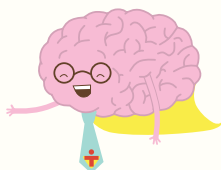
Bone marrow is the soft tissue inside of bone, under the hard bone that you can feel. It is important in the body because it is where you make blood cells, like red blood cells.



### BOWEL MOVEMENTS

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Bowel movement is another word for having “poo”. You will also hear bowel movements called “passing a stool”. Regular bowel movements are important for good health.



### BRAIN

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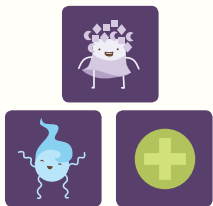
The Brain is the organ inside your head that you think with! It is protected by your skull bones.



### BUBBLE PACK

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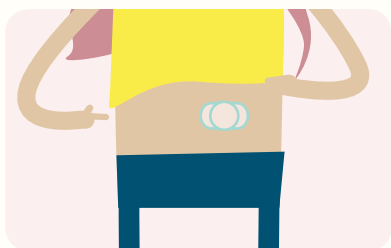
Bubble pack is another way of saying blister packs. (See blister packs).



### **BUILDING BLOCKS**

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“Building blocks” is a way to explain how the body uses different substances together to make our body tissues and organs work, become stronger and healthier. The building blocks for each body system are different. For example, the bones use the calcium, phosphate and vitamin D building blocks. Muscles need the right amount of protein, potassium, calcium and energy building blocks.



### **BUTTON TUBE**

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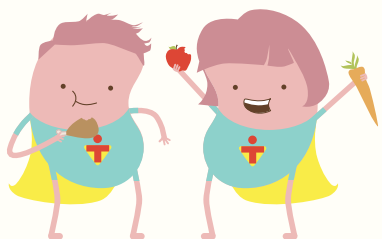
Button tube is a type of feeding tube. It is used to give nutrition to children who cannot eat enough food by mouth to grow and develop. It can also be used to give medicines. Some children may have an operation that makes a hole connecting the stomach and the skin. The button tube goes through the hole, so food or medicine can be put directly into the stomach.



### **CALCIUM**

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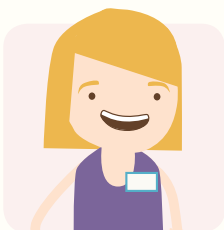
Calcium is a building block mineral our body needs. We get it from food. It is important for strong bones and many other things in our body. The right amount of calcium in the body is controlled by what we eat, vitamins, hormones and the kidneys.



### **CALORIES**

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Calories tell us how much energy is in food. Calories come from the sugars, fats and proteins we eat in food. Healthy foods have calories and many other nutrients. Junk food is mostly calories and not many other nutrients. Our body needs a certain amount of calories and lots of other nutrients to be active, healthy and grow. If you eat more calories than your body needs, it gets stored as fat and you will gain weight.



### **CHILD LIFE SPECIALIST**

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Child Life Specialist is a member of the Kidney Health Team who works with children and families to help them cope with illness, being in hospital, and having procedures. Child Life Specialists use play and age-appropriate activities to help children prepare for medical and surgical procedures.

# CHRONIC DISEASE



### CHRONIC DISEASE

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Chronic disease means that there is a part of the disease that will always be there. It can affect how the body works, sometimes just a little but sometimes a lot. If it is getting gradually worse, it is called progressive.

### CHRONIC KIDNEY DISEASE (CKD)

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Chronic Kidney Disease means that there is some damage to the kidneys that will always be there. It affects how well the kidneys can clean the blood to get rid of body waste and keep other body systems in balance. When the kidney function is lower, it is sometimes also called chronic kidney failure.

# CKD



### CKD

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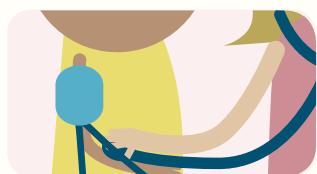
An abbreviation for Chronic Kidney Disease.

### CLERK

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The Clerk is a member of your Kidney Health Team who books appointments, answers the phone and welcomes you and your family to the Kidney Health Clinic.

# CREATININE



### CREATININE

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Creatinine is a body waste substance made by our muscles and is carried away from muscle in the blood. The kidneys normally clean creatinine out of the blood. If the kidney function is less, then creatinine builds up in the blood. We can measure the blood level of creatinine to tell us about the level of kidney function.

### CUFF

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The cuff or blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.



## GLOSSARY



### DICITRATE

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Dicitrate is a medicine that increases the amount of bicarbonate or “bicarb” in the blood. It is used to treat acidosis. Acidosis is when there is too much acid and not enough bicarbonate in the body. Dicitrate can be taken as a liquid medicine and so it is good for small children who need treatment for acidosis.



### DIETITIAN

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The Dietitian is a member of your Kidney Health Team. The Dietitian has lots of information about healthy, whole foods and nutrition. The Dietitian can help you and your family find the right balance for healthy eating.



### DOCTOR(S)

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Doctors are members of your Kidney Health Team. Doctors check you and your kidneys. Your Doctor prescribes medicines.



### DOSAGE

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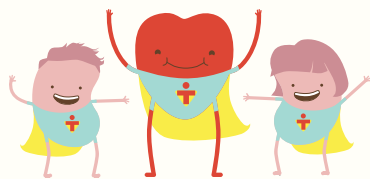
The dosage is the amount of medicine you need to take and how often you need to take that amount of medicine.



### ECG

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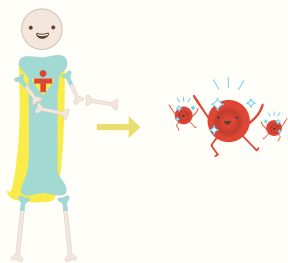
ECG is a test that gives us information about the electrical activity of your heart. ECG is short for “electrocardiogram”. The ECG helps us to measure the rate and rhythm of your heartbeat and provides information about early signs of heart disease.



### ECHO

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Echo is an ultrasound test of your heart. Echo is short for “echocardiogram”. This test helps us to look at the size and shape of your heart and gives us information about early signs of heart disease.



### ERYTHROPOIETIN

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Erythropoietin is a hormone that tells our bones to make more blood. Some people call it “epo” for short. Erythropoietin is made in the kidneys. Sometimes when we have CKD, our kidneys have trouble making enough erythropoietin so we need an injection. The medicines we use to replace erythropoietin are called ESAs, which is short for “erythrocyte stimulating agents”.



### ESA

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Erythropoiesis stimulating agents are also known as “ESAs” for short. ESAs are medicines that replace the job of erythropoietin, which our body normally makes. ESAs can be given to increase the amount of red blood cells being made by our bone marrow. ESAs can be used to treat anemia that is caused by having chronic kidney disease. ESAs are given by injection. There are several different brand names for ESA medicines.



### FAMILY DOCTOR

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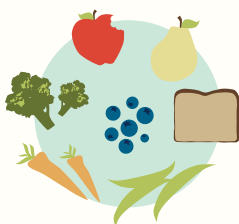
Family Doctors are members of the health care team. Family doctors are usually the doctors we see in our hometown or community or nursing station. Family Doctors help with many different health concerns. They work together with the Kidney Health Team. Sometimes the Kidney Health Team asks the Family Doctor to do tests or monitor things for the Kidney Health team. For example, the Kidney health team may ask the family doctor to check your blood pressure or do a blood test between visits with the kidney health team.



### FEELINGS

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Feelings are the thoughts and emotions we have inside ourselves. For example, sometimes we feel sad, sometimes we feel scared, sometimes we feel happy, sometimes we feel angry. Our feelings are our own and it’s ok to feel how we feel. It can help to talk about our feelings.



### FIBRE

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Fibre is sometimes called roughage. Fibre is the part of food that comes from plants, and cannot be digested by the body. It is important for healthy bowels and to prevent constipation.



**FOLIC ACID**

Folic acid is a type of vitamin. It helps the body make new cells – like red blood cells. Folic acid is found in many foods like spinach, whole-wheat foods, peas, dried beans, lentils, oranges, and many more.



**FOOD LABELS**

Food labels are information about food that is found on all food packages. Food labels can look like charts and lists, and they have lots of detailed information. They can tell us how much salt (or sodium), or sugar (carbohydrates) is in the food. Food labels are not required to tell you about all the ingredients, for example, potassium or phosphate amounts. Your Kidney Health Team can help you to understand the information on food labels if you have any questions.



**FOOD SUPPLEMENTS**

Food supplements are drinks or bars that contain extra calories and other nutrients. Your Dietitian may discuss food supplements with you as a way to improve your nutrition and stay healthy.



**FORTIFIED**

Fortified means to make something stronger.

**GFR**

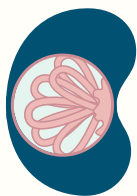
**GFR**

GFR stands for glomerular filtration rate. GFR is an important way to tell how well the kidneys are cleaning the blood. If the GFR is lower it means that the kidney function is lower.



**GFR TEST(S)**

GFR test(s) is a test for measuring the GFR. It is usually done by giving a blood injection of a substance into the body that the kidneys can clean out of the blood. Blood tests are checked to see how much is left after some time. We know the amount of GFR by how fast the blood level of the substance we injected drops.



### GLOMERULI

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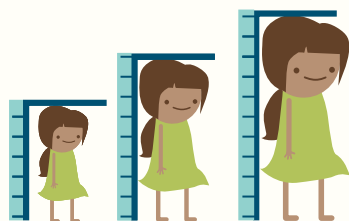
Glomeruli are the tiny filters inside the kidney that clean blood. The waste that is filtered out is put into urine and eliminated when you go to the toilet.



### GREEN FOODS

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Green Foods are Whole Foods. Whole Foods give our bodies the nutrients we need to stay healthy. Whole Foods are from plants and animals and home-cooked from raw ingredients. Choose Whole Foods First!



### GROWTH HORMONE

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Growth hormone is a hormone that is important for children to grow normally. Your body makes growth hormone in a gland called the pituitary gland. If you have chronic kidney disease, the growth hormone your body makes doesn't work as well. Sometimes, your Kidney Health Team can suggest giving extra Growth Hormone to keep you growing better. Growth Hormone medicine is given as an injection.



### GROWTH HORMONE MEDICINE

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Growth hormone medicine is used to treat children who have poor growth from different causes. One cause of poor growth is chronic kidney disease. Sometimes, your Kidney Health Team can suggest giving extra Growth Hormone to keep you growing better. Growth Hormone medicine is given as an injection.



### G-TUBE

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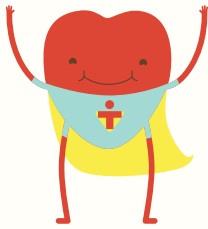
G-tube is short for gastrostomy tube, and is a type of feeding tube. It is used to give nutrition to children who cannot eat enough food by mouth to grow and develop. It can also be used to give medicines. Some children may have an operation that makes a hole connecting the stomach and the skin. The G-tube goes through the hole, so food or medicine can be put directly into the stomach.



### HEALTH CARE PROVIDER

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Health care providers are people with health education who help us look after our health. There are many types of health care providers such as nurses, family doctors, specialists like the kidney doctor, dentists, psychologists and counselors and many others.



### HEART

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The heart is the organ in the upper left side of our chest and is connected to blood vessels (arteries and veins). With every heart beat, the heart fills with blood that is pumped out to all the body tissues and organs. The work of every heart beat is related to the blood pressure. The kidneys help control blood pressure.



### HEIGHT

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Height is a number that tells us how tall you are when we are standing up straight.



### INJECTION

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Injection is another word used by health care workers when they talk about giving someone a needle or shot. For example, having a needle or injection for flu shot.

## IRON

### IRON

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Iron is a mineral and an important building block. It normally gets into our body in food. It is used by the body for many things, like making red blood cells. It can be measured in a blood test, to see if you have enough iron in your body to be healthy.



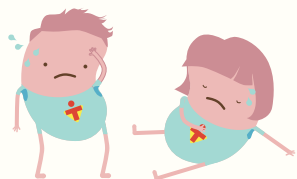
### JUNK FOODS

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Junk food is highly processed. Junk food is often high in added sugar and salt. It is high in unhealthy calories. Many of the nutrients our bodies need are removed or not in junk foods.

### KIDNEY FAILURE

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Kidney failure is when the kidney function is lower than normal. It means that the kidney cannot clean the blood as well as usual. Kidney failure can be checked with blood tests like creatinine or with a GFR test. Kidney failure can happen quickly or slowly over time. Sometimes kidney failure is related to permanent kidney damage – we call that CKD (chronic kidney disease). If the kidney failure is causing very low kidney function, kidney function can be replaced with treatments like dialysis.

### KIDNEY FUNCTION

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The kidneys do many things in our body. Some kidney functions include: cleaning the body waste from blood, recycling things the body needs, balancing salt, water and minerals, and adjusting levels of vitamins and hormones for important body functions. Some body functions are blood pressure, bone health and making blood.

### KIDNEY HEALTH CARE PLAN

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Kidney health care plan is a written plan used to help you and your family take care of your kidney health. This plan can include information about eating, exercises, kidney tests, and medicines. The Kidney Health Team will work with you to make a plan for your kidney health.



### KIDNEY HEALTH CLINIC

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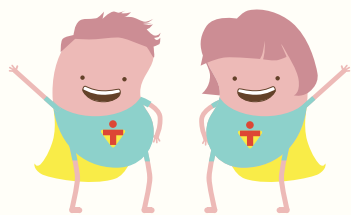
Kidney Health Clinic is a place where doctors, nurses and other members of the Kidney Health Team can see you to check on your kidney health and how you are doing.

### KIDNEY HEALTH TEAM

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Kidney Health Team is all the different people who work with you to help keep your kidneys as healthy as possible. Members of the Kidney Health Team include nurses, doctors (nephrologists), dietitians, social workers, clerks, you and your family. Together, everyone will work with you to make your Kidney Health Care Plan.



### KIDNEYS

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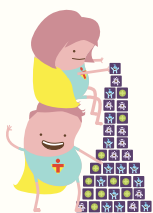
Kidneys are bean-shaped organs about the size of our fist. Most people have 2 kidneys. Kidneys are found under the rib cage near the middle of the back. The kidneys have many functions or jobs (see Kidney Function).



### MEDICINE(S)

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Medicines can have many forms like pills, liquids, creams, injections or puffers. Medicines are prescribed by a doctor to treat different problems. Some medicines are only taken for a short time, like when you have an infection. Other medicines become a regular part of life, like treating asthma or taking vitamins. We should always take medicines the way the doctor prescribes them.



### METABOLIC ACIDOSIS

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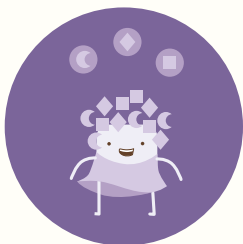
Metabolic acidosis is when there is too much acid in our body. (See Acid balance).

## METABOLISM

### METABOLISM

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Metabolism is how all the different chemical substances in the body work together. Sometimes it is about how the body uses energy, builds tissues up or breaks them down. When metabolism is not normal, it is often related to a disease. Different tests can tell us about our metabolism.



### MINERALS

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Minerals are important building blocks our body needs to stay healthy. There are many different substances that we call minerals, like calcium, phosphate and potassium. Minerals get into our body in our food. Our kidneys help to maintain or keep the right amount of minerals in our body.



### MINERAL SUPPLEMENTS

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Mineral supplements are medicines that contain minerals your body needs. When there is chronic kidney disease, it is sometimes hard to keep a good balance of minerals just from food you eat. Your Kidney Health Team may suggest taking mineral supplements to stay healthier.



### MONITOR / MONITORING

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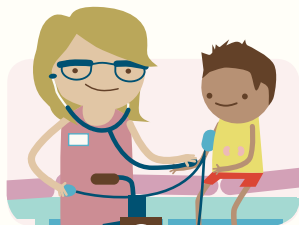
Monitoring means to watch and check regularly. When you have Chronic Kidney Disease, your Kidney Health Team monitors many things in your body.



### MUSCLE(S)

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Our muscles help our body move and work. Some muscles we can control, like the muscles in our legs that help us walk. Other muscles like our heart keep on working - beating - all the time without us even thinking about it.



### NURSE

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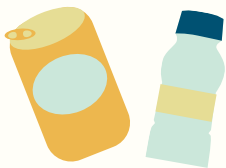
Nurses are members of your Kidney Health Team. Nurses talk with you about how you are feeling, check your blood pressure and ask you questions about your medicines.



### NUTRIENTS AND NUTRITION

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Nutrition is about getting the nutrients our body needs for health and growth. Nutrients are all the different types of ingredients our body needs for energy and building blocks. We usually get nutrients through food. When nutrition is good, our body can grow well and be healthy.



### NUTRITION SUPPLEMENTS

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Nutrition supplements are drinks or bars that contain extra calories and other nutrients. Your Dietitian may discuss food supplements with you as a way to improve your nutrition and stay healthy.

## PTH

### PARATHYROID HORMONE (PTH)

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Parathyroid hormone (PTH) is a hormone produced by the parathyroid gland which is in your neck. PTH helps to keep the right balance of calcium, phosphate and vitamin D to keep our bones strong. The kidney is important for controlling the amount of PTH. Too much PTH, which can happen with chronic kidney disease, can cause bone disease. There are blood tests that can tell the amount of PTH in your blood.

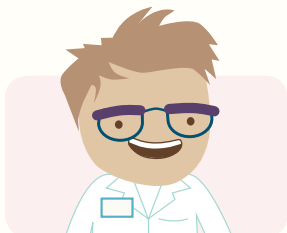




### PEE

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Pee is a child's word for urine, which is the fluid made by our kidneys. Pee or urine is stored in our bladder until it is released when you go to the bathroom or urinate. Pee or urine contains the waste from your body.



### PHARMACIST

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Pharmacists are members of your Kidney Health Team. Pharmacists read the prescription from the Doctor and give you your medicines and instructions.



### PHOSPHATE

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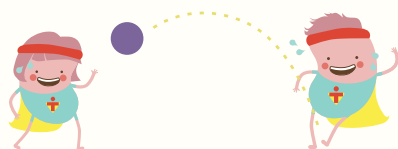
Phosphate is a building block mineral our body needs. We get it from food. It is important for strong bones and many other things in our body. The right amount of phosphate in the body is controlled by what we eat, vitamins, hormones and the kidneys. When there is kidney failure, sometimes we need to limit foods with phosphate or take binders to keep our bones healthy.

## PHOSPHATE BINDERS

### PHOSPHATE BINDERS

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Phosphate binders are medicines that attach to phosphate in your food. Phosphate binders are taken at the same time as a meal. They keep the phosphate from the food you eat from getting into your blood and instead it comes out in your bowel movement. If your phosphate level is too high, you can take phosphate binders with meals to keep the phosphate level in your blood lower.



### PHYSICAL ACTIVITY

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Physical activity is anything we do that makes our body work hard and our heart beat fast. The goal is to take part in 60 minutes of physical activity every day.

## HEALTHY KIDNEYS

### PILL(S)

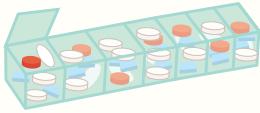
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Pills are medicines that we swallow. They are also known as tablets, capsules, or gel caps. Pills might be different shapes (round, long and skinny, football-shaped, etc.) and different colours. Pills should be stored safely. Pills should only be taken as directed by your health care team or the Pharmacist.

### PILL BOX OR PILL ORGANIZER

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A pill box or pill organizer is a container used to plan daily pills to help stay organized so we know if we have taken our pills or not.



### PORTION DISTORTION

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Portion distortion is when over-sized amounts of food start to look normal. This happens when you eat on plates that are very big. It makes it easy to eat too much.



### PORTION SIZES

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Portion size is the amount of food you serve yourself to eat. It is easy for portion sizes to be too large. If you are using the Canada Food Guide, check the recommended serving size and see if it matches your portions.

### POTASSIUM

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Potassium is a building block mineral our body needs. We get it from food. It is important for our muscles and nerves and many other things in our body. The right amount of potassium in the body is controlled by what we eat, vitamins, hormones and the kidneys. When there is kidney failure, potassium can build up and too much potassium can be dangerous.



### PRESCRIPTION

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Prescriptions are a set of instructions for a pharmacist to prepare medicines properly. A prescription is usually written or typed on paper by the Doctor.



### PRE-SEASONED FOODS

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Pre-Seasoned foods are foods that have seasoning added. Often the seasonings have lots of salt, sugar and fat added.



### PRIMARY CARE TEAM

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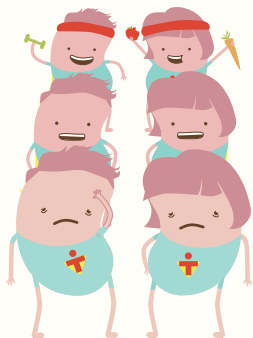
The Primary Care Team are the health care providers that we usually see in our hometown or community or nursing station. Primary Care Team members are often family doctors, nurses and community health workers. The Primary Care Team works together with the Kidney Health Team.



### PROCESSED FOODS

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Processed foods are foods that started as whole foods, but got changed in a factory to make something else. Some important nutrients get lost when food is processed. Extra sugar or salt or chemicals are added to make it taste better or look different.



### PROGRESSION

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Progression means to move or develop to a more advanced level. Progression is usually gradual or happens in stages. When we talk about CKD progression it means that the kidney function is getting worse, like going from mild kidney failure to moderate, or more severe kidney failure. In some cases, progression of CKD continues until you need dialysis or a kidney transplant to replace the kidney function.



### PROTEIN

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Protein is a substance that is essential for the body. It is an important building block. It is what makes up muscle and is part of important systems that make our body work. Protein gets into our body by eating it in meat and other foods.

# PTH



### PTH

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PTH is short for parathyroid hormone (see parathyroid hormone).

### PTH TESTS

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A PTH test is a blood test that measures the amount of parathyroid hormone in your blood.

### PUBERTY

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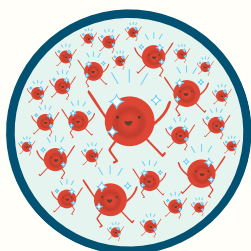
Puberty is the time when our body changes from being a child's body into an adult's body. This process can take time and can be affected by chronic kidney disease.



### RECYCLE

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Recycle means to take something that has been used before and make it into something new. We can also say reuse. The kidneys recycle many important minerals and building blocks when they clean the blood of waste.



### RED BLOOD CELL COUNT

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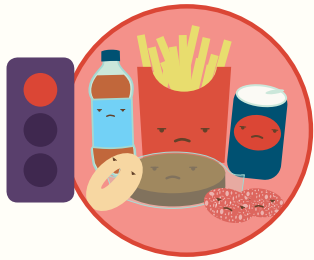
Red blood cell count is a test used to measure the amount of red blood cells in our body. The test is done by taking a blood sample and looking at it in a lab under a microscope. There test result will sometimes talk about the level of "hemoglobin" or the level of "hematocrit" or "HCT", which are all ways to tell how many red blood cells there are.



### RED BLOOD CELLS

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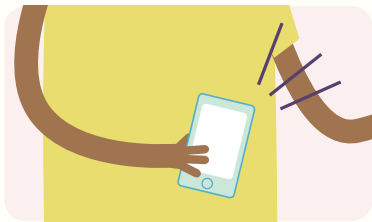
Red blood cells are the most common blood cell in our body. They carry oxygen around the body, which gives us energy. When we don't have enough red blood cells it is called anemia. Red blood cells are also called erythrocytes.



### RED FOODS

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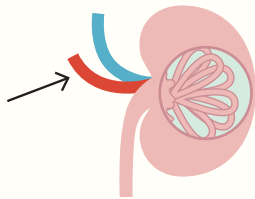
Red Foods are foods to avoid. Red Foods are highly processed and are often called Junk Foods. Red Foods are missing most important nutrients. Most Red Foods have lots of added sugar, salt, preservatives and artificial ingredients like food colouring and flavourings. These ingredients do not help our body.



### REMINDERS

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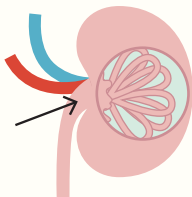
Reminders can help us check if we have taken medicine when you are supposed to. We can set an alarm for 15 minutes after we are supposed to take medicine. When the alarm goes off, it reminds us to check we have taken the medicine. If we have forgotten, we can take it then.



### RENAL ARTERY

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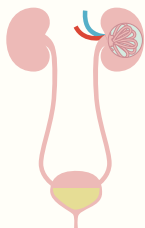
Renal artery is a blood vessel that brings blood flow to your kidney. It is connected to the aorta, a large blood vessel that brings blood pumped from the heart to other parts of your body.



### RENAL PELVIS

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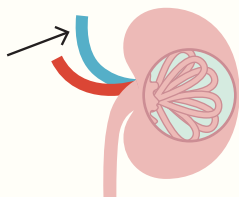
Renal Pelvis is where urine that is newly made by the kidney collects. Then the urine flows through the ureter and into the bladder.



### RENAL SYSTEM

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Renal system includes the kidneys, renal pelvis, ureters and bladder. It is the organ system that makes and carries urine out of your body. It is connected to the body by two blood vessels, the renal artery and renal vein.



### RENAL VEIN

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Renal veins carry blood away from the kidneys. Each kidney has one renal vein. After the kidneys have used the oxygen in the blood, the renal veins carry the blood back to the heart to get more oxygen.

## RETICULOCYTES



Reticulocytes are new red blood cells. Sometimes they are called “retics” for short. The reticulocyte count tells us how many new red blood cells there are in blood. It tells us how fast we are making the new red blood cells. When the number of reticulocytes are low, it can be because our kidneys are not making enough erythropoietin. It is an important test when we are trying to know the reason for anemia.



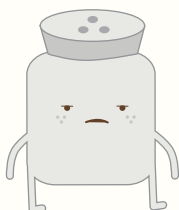
## REUSE

Reuse means when you use something again.



## ROUTINES

A routine is something that is done regularly at the same time or date. For example, brushing your teeth each morning at 8 am or eating dinner together or doing your homework from 4:30pm – 5:00pm each day are routines. Routines help us adjust to changes and to look after our health better.



## SALT

Salt is made up of two substances called sodium and chloride. It is something we taste in our food. Sodium in salt is important to control the amount of fluid and blood pressure in our body: when we have more sodium, we feel thirsty and too much sodium can make us swollen. If you are losing salt and water, like with stomach flu, you get dehydrated. Our kidneys help balance salt and water in our body.

Kidney Medicines Schedule											
Date	Medicine	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes	Done
	<b>Chlorthalidone 5 mg tablets</b> Give 1 tab THREE times a day (at 8am, 2pm)	8am	✓	✓	✓						
		2pm	✓	✓	✓						
		8pm	✓	✓	✓						
	<b>Furosemide 20mg tablets</b> Give 1 tablet TWO times a day (at 8am, 2pm)	8am	✓	✓	✓						
		2pm	✓	✓	✓						
	<b>Hydrochlorothiazide 12.5mg tablets</b> Give 2 tabs at TWO times a day (at 8am, 2pm)	8am	✓	✓	✓						
		2pm	✓	✓	✓						
	<b>Hydrocortisone tablets</b> Give 1 tablet ONCE daily (at 8am)	8am	✓	✓	✓						
	<b>Calcium 0.25 mg capsules</b> Give 1 capsule ONCE daily (at 8am)	8am	✓	✓	✓						
	<b>Aspirin 81 mg tablets</b> Give 1 tablet ONCE daily (at 8am)	8am	✓	✓	✓						
	<b>Vitamin D 1000 unit tablets</b> Give 1 tablet ONCE daily (at 8am)	8am	✓	✓	✓						

## SCHEDULE

Schedules and routines are things we do regularly at the same time or date. Having regular schedules for eating together, going to bed and doing our homework helps us to stay organized. Having schedules and routines can make it easier to take medicines as they are prescribed.



## SCREEN TIME

Screen time is the amount of time we spend in front of any screen: television, computers, tablets and mobile phones.



### SODIUM BICARBONATE

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Sodium bicarbonate is a medicine that increases the amount of bicarbonate or “bicarb” in the blood. It is used to treat acidosis. Acidosis is when there is too much acid and not enough bicarbonate in the body. Sodium bicarbonate is usually taken as a pill for treatment of acidosis.



### STRATEGIES

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Strategies help us deal with a challenge. It means to think about something that might happen and to make a plan for what you will do about it. For example, it can be difficult to take our medicines on time. So trying different strategies until we find the ones that work for us and our families is helpful.



### SUPPORT GROUP

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Support groups are groups of people with common experiences or concerns who encourage each other. People who share similar experiences can sometimes really understand how others feel and can have practical advice to share.

## TESTS

### TESTS

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Tests are ways of checking how well our kidneys are working. Some tests are done by taking a small sample of our blood or by peeing into a container. The blood or pee gets sent to the lab to get checked. Other tests are done in the clinic; for example, we may have a test to check our blood pressure.



### ULTRASOUND

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Ultrasound is a test that uses sound waves to look inside our body. A picture of what is being seen shows on a TV screen.

### ur·e·mi·a noun

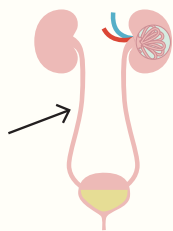
**Definition of UREMIA:**  
the illness caused by very low kidney function and buildup of waste in the body.

### UREMIA

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An illness caused by very low kidney function and a build up of waste in the body. Uremia can make people feel nauseated and make them very tired.

## HEALTHY KIDNEYS



### URETERS

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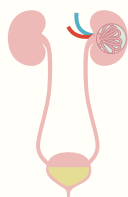
Ureters are tubes coming out of our kidneys and going into our bladder. Each kidney has one ureter. Urine (pee) travels from our kidneys to our bladder through these tubes.



### URETHRA

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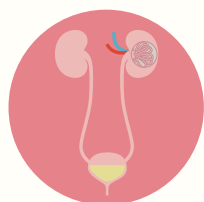
Urethra is a tube that carries our urine (pee) out of our bladder and into the toilet.



### URINARY TRACT

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The urinary tract is a way to name the system in your body which includes our kidneys, ureters, bladder and urethra. They are all connected and work together to make, collect, store and empty urine (pee) from our body.



### URINARY TRACT INFECTIONS (UTIS)

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Urinary tract infections (UTIs) are infections of our urinary tract. Infections happen when germs get into our body and make us sick.



### URINATE

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To urinate is the action of passing urine or "pee" from the bladder into the toilet.



### URINE (PEE)

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Urine (pee) is the fluid made by our kidneys and eliminated from our bladder when we urinate or go pee. Urine contains the waste from our body.

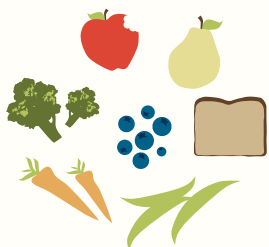


### URINE TESTS

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Urine test is when you collect urine (also called pee) in a container and send it to the laboratory to check. Urine tests can check for many things such as protein, infection or the amount of urine you are making.





### VITAMIN(S)

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Vitamins are important building blocks our body needs to stay healthy. Every vitamin has a different job to do in our body. Whole foods are a great source of vitamins.



### VITAMIN SUPPLEMENTS

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Vitamin supplements are medicines that your Kidney Doctor might suggest if you cannot get the vitamins you need from the foods you eat, or in some illnesses. For example, Vitamin D is often needed by people with kidney disease. The vitamins our body usually needs are found in whole foods.



### VITAMIN D

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Vitamin D is a vitamin that helps our body absorb and use calcium and phosphate from foods we eat or drink. Vitamin D can be made by our skin with the help of sunshine. Sometimes we need to take extra Vitamin D. The kidneys change Vitamin D into Active Vitamin D, to help build strong bones.



### VITAMIN PILL(S)

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Vitamin pills are pills that contain certain compounds that we cannot make in our body but usually gets from whole foods. Vitamin pills are given if a person cannot get the vitamins they need from the foods they eat, or cannot get enough because of a certain illness.



### WASTE

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Waste is made when our body is using up the building blocks needed for growth and breaking down nutrients in food. Our body gets rid of this waste in our bowel movements and urine when we go to the bathroom. There is waste in our blood and it is mostly cleaned out by the kidneys and goes out in the urine.

## HEALTHY KIDNEYS



### WATER

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Water is the liquid that we drink. Our bodies are made of mostly water. The amount of salt in our body affects the amount water we have. The kidneys are very important to keep the amount of salt and water for our body in balance.



### WEIGHT

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Weight is a measure of how light or heavy we are when we step on a scale. There are special guidelines that help us to know if we weigh too much or too little or are just right for our age and height (how tall we are).



### WHOLE FOODS

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Whole foods have many of the different nutrients we need. Whole foods come from plants and animals. Whole foods are vegetables, fruits, nuts, milk, eggs and meat from the store, fishing or hunting. Always choose Whole Foods first!



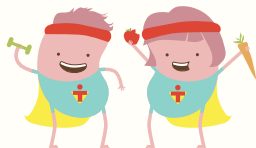
### YELLOW FOODS

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Yellow Foods are foods we should only eat sometimes. Yellow Foods are usually processed with added salt, added sugar, preservatives and artificial ingredients. Because they are processed, some of the important nutrients have been removed. Yellow Foods give our bodies some of the nutrients we need.



**HEALTHY KIDNEYS**



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or [jstrong@exchange.hsc.mb.ca](mailto:jstrong@exchange.hsc.mb.ca) or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>