

# My Treatment: Renal Bone Disease

Renal bone disease occurs when there is an imbalance of calcium and phosphorous levels in the blood. Calcium is needed for bone and teeth formation, and helps with muscle functions. The phosphorous comes from the foods you eat and works with calcium to maintain healthy bones. Working kidneys maintain the delicate balance of calcium and phosphorus in your bloodstream. However, when your kidneys no longer work well, phosphorus levels go up and cause the calcium levels to go down. The care team depends on your understanding to successfully improve your health care outcomes and to prevent renal bone disease.



## What Should I Know?

- Almost everything you eat has phosphorus in it.
- You can find out how much phosphorus is in your food by reading nutrition labels.
- You can talk with your Dietitian about low phosphorus foods.
- Always take your binders as prescribed and with meals.
- Your labs are done and reviewed at least monthly with your care team.
- The goal for your labs should be Phosphorous 3.5-5.5, Calcium <10 g/dl, and PTH 150-300 pg/ml.
- The parathyroid gland releases the parathyroid hormone (PTH) to help keep the balance between phosphorus and calcium in your bloodstream.
- Low calcium levels cause the parathyroid gland to release PTH. PTH tells your bones to breakdown to make more calcium.

- Over time, the calcium loss from your bones can lead to “renal osteodystrophy”. Your bones are no longer solid and begin to have a “honeycomb” appearance, making them fragile and weak.
- Dialysis alone cannot remove all the extra phosphorus from your blood.
- You need to take your phosphate binder as directed.
- Binders work to bind or grab on to extra phosphorus in your bloodstream and help keep your labs within the normal range.

## My Questions

### Ask Your Care Team:

- What do I need to do to keep my bones healthy?
- Do I need to take binders?
- What happens if I don't take my binders?

Source: [http://dialysispatients.org/file/FOS1626\\_DPC\\_spplmnt\\_final.pdf](http://dialysispatients.org/file/FOS1626_DPC_spplmnt_final.pdf)

This material was prepared and distributed by Qsource ESRD Networks, under contract with the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services (contract numbers HHSM-500-2016-00010C and HHSM-500-2016-00012C). The contents presented do not necessarily reflect CMS policy. 19.Q-ESRD.05.039

