## **BRUISES OR BLOOD CLOTS**

### WHAT CAN CAUSE IT

Defects in platelets; thin skin from medications like prednisone, heparin, or baby aspirin

### WHAT CAN HELP

Check clotting; blood thinning agents; vitamins

### **ALSO TRY**

Body makeup; creams; gloves and/ or long-sleeved shirts; elevation; hot/ cold therapies

**WHAT CAN CAUSE IT** Anemia

## WHAT CAN HELP

**PALE SKIN** 

Check anemia lab values: increase dialysis; add

## **ALSO TRY**

Moisturizer: bronzer tanning cream

## **ALSO TRY**

Moisturizer;

# **ITCHY SKIN** WHAT CAN CAUSE IT

**DRY AND** 

High phosphorus; secondary fluid removal

### **WHAT CAN HELP**

Adhere to prescribed sodium allowances

\* Recommendations, statements, and advice contained in this infographic are for information only. You should not use the information to diagnose or treat a health problem or disease without first consulting with a qualified healthcare provider. Please consult with your healthcare provider about any questions or concerns you may have regarding your condition, over-the-counter treatment, or dietary regimen.

corticosteroids:

Creams; cold compress; natural remedies (oatmeal, tea tree oil, aloe vera)

**ALSO TRY** 

## **RASH**

## WHAT CAN CAUSE IT

Allergies; abnormal phosphorus, calcium, or secondary hyperparathyroidism (SHPT) levels

### WHAT CAN HELP

Check medications; take phosphate binders and manage renal diet as directed; keep phosphorus, calcium, and SHPT levels within range

Drink more water: brush and floss teeth and gums regularly; use mouthwash and mouth rinse for dry mouth

## **ALSO TRY**

WHAT CAN HELP Adjust diet; more treatment

**AMMONIA** 

BREATH

WHAT CAN CAUSE IT

Dehydration; inadequate treatment; too much protein

## **ALSO TRY**

## **SWELLING OF FACE AND APPENDAGES**

### WHAT CAN CAUSE IT

### WHAT CAN HELP

## **ALSO TRY**

Concealer; eye drops; limit sun exposure; meditate; limit screen time and caffeine; exercise; tea bags, cold compress, etc.

## DARK **UNDER-EYE CIRCLES OR BLOODSHOT EYES**

## WHAT CAN CAUSE IT

Medication side effects; high phosphorus; disturbed sleep schedule for various reasons

### WHAT CAN HELP

Manage phosphorus levels; determine why sleep habits changed

## **ALSO TRY**

Looks &

Kidney disease and medication can have an

effect on your appearance. Here are some

common symptoms along with causes and

treatments you can discuss with your doctor. Simple home remedies may also provide a temporary fix.\*

> short haircut; silk strengthener

## HAIR LOSS **AND WEAK NAILS**

### WHAT CAN CAUSE IT

Malnutrition; medication side effects;

### WHAT CAN HELP

Ask your doctor about changing medications or diet; also ask about