



# Looks & LABS

*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.\**

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## 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

## AMMONIA BREATH

### WHAT CAN CAUSE IT

Dehydration; inadequate treatment; too much protein

### WHAT CAN HELP

Adjust diet; more treatment

### ALSO TRY

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

## SWELLING OF FACE AND APPENDAGES

### WHAT CAN CAUSE IT

Fluid retention; medication side effects

### WHAT CAN HELP

Alternative medications; reduce fluid intake; change treatment regimen; adhere to dietary sodium requirements

### ALSO TRY

Wear loose-fitting clothing and comfortable shoes; use support stockings for legs if necessary

### 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

Biotin shampoo and/or supplements; short haircut; silk pillowcase; nail strengthener

## HAIR LOSS AND WEAK NAILS

### WHAT CAN CAUSE IT

Malnutrition; medication side effects; frequent surgeries; lying in bed

### WHAT CAN HELP

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

### ALSO TRY

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

## 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

### ALSO TRY

Moisturizer; corticosteroids; antihistamines

## DRY AND ITCHY SKIN

### WHAT CAN CAUSE IT

High phosphorus; secondary hyperparathyroidism (SHPT); inadequate fluid removal

### WHAT CAN HELP

Adhere to prescribed phosphorus, fluid, and sodium allowances

## PALE SKIN

### WHAT CAN CAUSE IT

Anemia

### WHAT CAN HELP

Check anemia lab values; increase dialysis; add vitamins/supplements

### ALSO TRY

Moisturizer; bronzer or tanning cream

*\* 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.*

