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.*

### Bruises or Blood Clots
**What Can Cause It**
Defects in platelets; thin skin from medications like prednisone, heparin, or baby aspirin

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

### Pale Skin
**What Can Cause It**
Anemia

**What Can Help**
Moisturizer; bronzer or tanning cream

### 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

### 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

### 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

### 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

### Ammonia Breath
**What Can Cause It**
Dehydration; inadequate treatment; too much protein

**What Can Help**
Adjust diet; more treatment

### 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

### Hair Loss
**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
- Biotin shampoo and/or supplements; short haircut; silk pillowcase; nail strengthener
- Concealer; eye drops; limit sun exposure; meditate; limit screen time and caffeine; exercise; tea bags, cold compress, etc.

---

*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.