



KEEPING FIT IN KIDNEY FAILURE



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Physical fitness plays a very important part in today's lifestyle. It is common to hear this statement:

“A fit body improves a person's well-being.”

In line with the campaign of promoting exercises to maintain good health, it seems that exercise may be even more important for kidney patients than for the general population.

Why do kidney patients need to exercise?

Studies have shown that many dialysis and transplant patients who have undergone approved exercise programs show an increase in strength, stamina and energy. Other exercise-related benefits include better control of blood pressure, improved muscle strength, lowered level of body fats, better sleep pattern and better weight control. These help to reduce the risk of developing heart disease, especially for kidney patients who have a higher incidence of heart problems than the general population.

Exercise also helps to improve the psychological well-being. People who exercise are no longer leading a sedentary life. Exercise gives you the feeling of being able to do something. It clears your mind and helps to control some of the unpleasant emotional reactions that may occur from time to time. Emotional reactions such as depression, anger, fear and frustration can also be improved by exercising.

Exercise can also help to rebuild your self-confidence. Seeing improvement in your body conditions as a result of exercise can also build up self-esteem.

You will want to keep your muscles firm and toned. Exercise will help you to achieve this goal and keep your body healthy. Therefore, all these changes can improve the quality of life. It becomes easier to get around, perform activities of daily

living and other tasks, and still have energy for your family and friends.

Before you start, you need to....

Before you start on any exercise program, you should consult your doctor first as you need to be stable with your treatment, whether it is haemodialysis, peritoneal dialysis or transplantation.

It is still very important to comply with the rest of your treatment even though you exercise. You should take your medications, follow your diet and fluid restriction. Failure to comply with your treatment will lead to instability of your condition, and exercise may only aggravate problems further. For example, fluid overload strains your heart and lungs; if you exercise, it will make you feel more breathless or even experience chest pain. Erythropoietin treatment will help increase your exercise tolerance, reduce fatigue and increase energy level and therefore enable you to exercise better.

What do I do?

Each person's health and fitness levels, motivation and time constraints are different. Also, each person's progress will vary. Consider these four things before you start exercising:

- Type of exercise
- Length of time for exercising
- How often to exercise
- How hard

Type of exercise

Start with the type of exercise that you like to do, for example walking, swimming, cycling. Always remember to begin with a warm up and finish off with a cool down after your chosen exercise. Gradually progress to a higher level when you are stronger.

Length of time for exercising

Duration of exercise will depend on your present fitness level. You should exercise within a time span that you can cope with.

How often to exercise

Slowly increase from once a week to three times a week on non-consecutive days.

How hard

Start with a pace you are comfortable with. Start slowly each session to warm up, pick up your pace, then slow down again when you are about to finish.

Ten Commandments To Remember

- 1) Schedule your exercise into your regular daily routine.
- 2) Wait one hour after a meal before exercising.
- 3) Avoid exercising during the hottest hours of the day i.e. noon and afternoon.
- 4) If you are feeling unwell e.g. fever, flu, under emotional stress, or having joint or bone aches, do not exercise. Give a period of rest before you resume your activity.
- 5) If you have changed the type of your regular medications or its schedule, or your medical status has changed, consult your doctor for advice regarding exercise.
- 6) If you are feeling excessively tired, stop exercising.
- 7) If you are suffering from cardiac problems e.g. chest pains or irregular or rapid heart beats, do not exercise. Consult your doctor first for advice.
- 8) Stop your exercise if you feel nausea, giddiness or leg cramps.
- 9) Any kind of exercise should be approached gradually.
- 10) Do not be ambitious with your exercise program, but exercise at a level appropriate to your age and fitness.

Recommended simple and light exercises

- **Arm stretches** – lift arms over your head. Try to stretch and reach for the ceiling. Repeat 10 times.

- **Arm circles** – put your hands on your shoulders. Lift your elbows out to the side and draw big circles with your elbows. Repeat 10 times.
- **Trunk bends** – place your hands on your hips. Bend body from side to side. Repeat 10 times.
- **Trunk rotations** – place your hands on your hips and twist trunk round from side to side. Repeat 10 times.
- **Thigh stretch** – stand, holding onto support with one hand and to ankle with other. Pull ankle to butt till a stretch is felt in the front of your thigh. Hold for 5 seconds. Repeat exercise for the other side.
- **Back thigh stretch** – sit and straighten one leg while bending the opposite knee. Reach forward and try to touch the toes of your straight leg, till you feel a stretch in the back of your thigh. Hold for 5 seconds. Repeat exercise for the other side.
- **Calf stretch** – stand with feet hip width apart and move forward. Transfer weight to the back foot, letting your heel touch the floor. Hold for 5 seconds. Repeat exercise for the other side.



You may visit these websites for more information:

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>

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肾衰竭病患的运动保健



健壮的体魄在现代生活中扮演着很重要的角色。“一个强健的身体能使人感到身心自如。”

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对肾病患者而言，运动会比常人更为重要。

为何要运动？

研究显示，运动能提高肾病患者和肾移植治疗患者的体力、精力和活力。此外，它也能更好地控制血压和体重、降低体内脂肪以及改善睡眠。运动也有助于减低心脏功能衰竭的危险，这对肾病患者尤其重要，因为他们心脏病患的比率比常人更高。

运动有助于促进心理平衡。对于那些长时间坐着的人，运动可保持头脑清醒，身心活跃，更好地控制不愉快的情绪和随时可能出现的激动反应，如沮丧、愤怒、恐惧等等。

通过运动能重建患者的自信心。当运动改善您的体质时，它让您更有精力完成每天的任务，而且还能有足够的活力与家人和朋友相聚，从而也提高了您的生活素质和自信。

在开始运动计划前，必须。。。。

无论是血液透析、腹膜透析还是肾移植治疗的病患者，在开始运动前都必须先与主治医生商量运动的进度，好与治疗相配合，提高保健的效果。虽然说，运动能增强体质，但病患者仍不能放弃治疗，必须遵照医生的指示继续服用药物、注意饮食和限制水分的摄取量，否则将

会导致病情不稳定，进一步加重病况。例如：红血球生成素剂能提高身体的耐力，减少疲劳，让患者更好地进行运动。然而，过多的水分则会加重肺和心脏的负荷，使患者在运动时产生胸部疼痛或呼吸困难的问题。

如何进行？

每个人的体质、能力和健康水平都不同，所以在开始运动前必须考虑四个要点：

- a) 运动的形式
- b) 运动时间的长短
- c) 运动的次数
- d) 运动的剧烈性

运动的形式

选择自己喜欢而又能胜任的运动，如步行、游泳、骑脚踏车等。患者可随着体质的改善而逐渐提高运动的难度。

运动时间的长短

根据自己体质的负荷能力决定运动时间的长短，最好先征求主治医生的意见。

运动的次数

从不定期的运动次数慢慢增加到每周一次至三次。

运动的剧烈性

从简单缓慢的热身运动，进一步以自己觉得舒服的速度逐渐增加运动的剧烈度。在结束前，则慢慢地减低剧烈度，避免截然而止。

须注意的十条事项

- 1) 把运动列入日常作息之中。
- 2) 在用餐一小时后才可开始运动。
- 3) 避免在一天中最炎热的时候运动，如中午或下午。
- 4) 若身体感到不适，如发烧、感冒、关节疼痛或情绪紧张，就不适宜运动。应当让身体休息一段时间，待恢复体力后再继续运动。
- 5) 若治疗的形式或状态有所改变，应先征求医生的指示才继续运动。
- 6) 若身体感到非常的疲惫，请停止运动。
- 7) 若有心脏问题，如胸部疼痛或不规律的心跳，请先寻求主治医师的指示。
- 8) 若有作呕、头晕或抽筋的现象，请即刻停止运动。
- 9) 任何类型的运动都必须逐步进行。
- 10) 不要计划大规模的运动课程，应当以年龄和身体状况为标准，设计适合自己的运动方式。

受推荐的简易运动

- **手臂伸展** – 把双臂举起高过头部，并向上伸展尝试触摸天花板。重复十次。
- **手臂画圈** – 把双手放在肩膀上，向外侧平举双肘并画大圆圈。重复十次。
- **上身侧弯** – 把双手放在腰侧，上身向两侧来回弯曲。重复十次。
- **上身扭转** – 把双手放在腰侧，上身往身后来回扭转。重复十次。

- **大腿前部伸展** – 直立，一手扶持，同一边的小腿往后向上抬起，用另一手捉住脚踝向臀部拉进直到大腿前部有伸展的感觉。保持五秒钟。
- **大腿后部伸展** – 坐在平地上，一腿向前伸直，另一腿向后弯曲膝盖，手向前伸展尝试触摸直伸腿的脚趾直到大腿后部有伸展的感觉。保持五秒钟。
- **腓部伸展** – 双脚依臀部宽度张开站立，一脚向前踏出一步，将体重移向后脚，让脚后跟着地。保持五秒钟。



欲知详情，可参阅以下的网址：

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>

