Some calcium may also end up in the heart and blood vessels. This may cause or worsen heart disease and increase chances of dying.

Vitamin D

Your body needs the active form of vitamin D. There are several different types of vitamin D available:

- **Nutritional Vitamin D**
  This is the type of vitamin D you can buy in drug stores or vitamin shops. The effect it has will depend on your level of kidney disease.

- **Active Vitamin D**
  This type of vitamin D is already active. The kidneys do not need to change it into the active form, but it may increase blood calcium levels.

- **Extended Release Vitamin D Prohormone**
  This vitamin D is a prohormone that is changed to the active form of vitamin D. It works to gradually increase blood vitamin D levels and lower blood PTH. Your healthcare professional will tell you which type of vitamin D medicine is right for you.

**HOW DO YOU FIND AND TREAT MINERAL AND BONE DISORDER?**

Know your blood test results and what the normal range is:

<table>
<thead>
<tr>
<th>BLOOD TEST</th>
<th>NORMAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>90 – 105</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>30 – 45</td>
</tr>
<tr>
<td>PTH</td>
<td>10 – 65</td>
</tr>
<tr>
<td>Vitamin D [25(OH)D]</td>
<td>30 or greater</td>
</tr>
</tbody>
</table>

**TIPS FOR EATING A LOWER PHOSPHORUS DIET**

A diet lower in phosphorus can help to keep your blood phosphorus in the right range.

- Eat fresh foods that have not been processed
- Avoid phosphorus additives, look for the letters ‘PHOS’ on food labels
- Limit foods naturally high in phosphorus, such as milk and milk products

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