

News from CureGN

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The Kidney and Bone Connection

This connection is strong. Normal kidney function is important for bone health, because the kidney produces vitamin D and regulates levels of calcium, phosphorus, parathyroid hormone, and other important minerals and hormones that are essential to maintain a healthy skeleton and prevent bone loss and fractures.

We specifically thought of you, our CureGN patients, when we created The BoneGN Study. The goal of BoneGN is to help us better understand how your skeleton and muscles are responding to your Glomerular disease and your treatment. Glomerular diseases may weaken your bones and increase the risk of having a fracture (broken bone). Participating in BoneGN is a great opportunity for you to learn about the effects of glomerular disease on your skeleton and to help prevent future patients with glomerular disease from having poor bone health.



Tips to Take Care of Your Bones



Don't smoke your bones. Loss of bone mineral density is associated with tobacco use. If you smoke, look into a program to help you quit.



Feed your bones. Eat foods rich in calcium, vitamin D and other important nutrients for your bone health. There is no one diet that is right for everyone with kidney disease. What you can and cannot eat changes over time. Always ask your doctor and dietitian.



Move your body. Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.



Pay attention to coffee. Coffee, tea and soft drinks (sodas) contain caffeine, which may decrease calcium absorption and contribute to bone loss. Choose these drinks in moderation.

Ask your CureGN doctor about The BoneGN study and check this link for more details.

<https://clinicaltrials.gov/ct2/show/NCT04528446>