

مَلَا الرَّحْمَنُ الرَّحِيمَ



کتابخانه آموزشی و درمانی الزهرا (س)


معرفی و جستجو در پایگاه



ارائه دهنده: اشرف کریمی

Up to date معرفی پایگاه

- ویژگی های پایگاه
- پوشش موضوعی پایگاه
- نحوه دسترسی پایگاه
- جستجو در پایگاه

- 
- ❖ پایگاه اطلاعاتی پزشکی و اطلاعات دارویی
 - ❖ قابل اعتمادترین منبع پاسخ به سوالات پزشکی
 - ❖ یاری رساندن این پایگاه با استفاده از اطلاعات مبتنی بر شواهد به پزشکان در زمینه درمان بیماران و بهترین تصمیم گیری بالینی

چرا پایگاه منبع قابل اعتماد؟

❖ آپتودیت با استفاده از روش های درمانی خود که مبتنی بر شواهد هستند یک روند درمان قابل اعتماد را به پزشکان عرضه می نماید. در ارائه روش های درمانی آپتودیت بیش از ۷۴۰۰ نویسنده و پزشک متخصص در ۲۵ رشته تخصصی پزشکی همکاری دارند که نشان از بررسی عمیق و دقیق مطالب ارائه شده در آن است.

❖ تمامی روش های موجود در آپتودیت پیش از اینکه برای انتشار آماده شوند حداقل توسط سه فرد مورد بررسی و تحلیل قرار می گیرند. هر موضوع ارائه شده دارای یک نویسنده پزشک متخصص و دو پزشک بازمین در همان حوزه تخصصی است. این گروه یک بررسی جامع از روش درمانی ارائه شده انجام داده و آن را غربالگری می نمایند و پس از تأیید نهایی منتشر و در دسترس سایر پزشکان قرار می دهند.

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- پشتیبانی تصمیم گیری بالینی
- آموزش مداوم پزشکی
- پشتیبانی تحقیقات

ویژگی های پایگاه اطلاعاتی

- روز آمد بودن اطلاعات پایگاه
- خلاصه و چکیده ای از جدیدترین اطلاعات مبتنی بر شواهد
- دسترسی پزشکان بدون اینکه زمانی را صرف مطالعه کنند به جدیدترین اطلاعات بالینی

➤ پوشش موضوعی پایگاه اطلاعاتی

➤ 25 حوزه موضوعی پزشکی (آلرژی و ایمنولوژی، بیهوشی، قلب و عروق، پوست، طب اورژانس (بزرگسالان و کودکان)، غدد، پزشکی خانواده و پزشکی عمومی، جراحی عمومی، هماتولوژی، بیماری های عفونی، زنان، روانپزشکی، ریه، طب سالمندان، طب خواب، نفرولوژی، آنکولوژی، اعصاب، طب تسکینی، کودکان (...)

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- Practice Changing UpDates
- Patient education: Toothache (The Basics)
- Hemorrhagic stroke in children

Yesterday

- Approach to acute abdominal/pelvic pain in pregnant and postpartum patients
- 👤 Evaluation of acute pelvic pain* in adult, nonpregnant females
- 📄 Checklist used to assess the possibility of pregnancy
- 📄 Potential causes of acute pelvic pain in nonpregnant adult women by age group

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What's New

Our editors select a small number of the most important updates and share them with you via What's New. See these updates by clicking on the specialty you are interested in below. You may also enter "What's new" in the box.

Find Out What's New In:[Practice Changing UpDates](#)[Allergy and immunology](#)[Anesthesiology](#)[Cardiovascular medicine](#)[Dermatology](#)[Drug therapy](#)[Emergency medicine](#)[Endocrinology and diabetes mellitus](#)[Family medicine](#)[Gastroenterology and hepatology](#)[Geriatrics](#)[Hematology](#)[Hospital medicine](#)[Infectious diseases](#)[Nephrology and hypertension](#)[Neurology](#)[Obstetrics and gynecology](#)[Oncology](#)[Palliative care](#)[Pediatrics](#)[Primary care](#)[Psychiatry](#)[Pulmonary and critical care medicine](#)[Rheumatology](#)[Sleep medicine](#)[Sports medicine \(primary care\)](#)[Surgery](#)

شامل تعدادی از موضوعات
مهم از نظر ویراستاران

Practice Changing UpDates

Outline

INTRODUCTION

PULMONARY AND CRITICAL CARE MEDICINE (December 2023)

Thyroid hormone administration in
deceased organ donors

OBSTETRICS, GYNECOLOGY AND WOMEN'S HEALTH (October 2023)

Valacyclovir for prevention of congenital
cytomegalovirus infection

OBSTETRICS, GYNECOLOGY AND WOMEN'S HEALTH (April 2023, Modified October 2023)

AUTHORS: April F Eichler, MD, MPH, Sadhna R Vora, MD
[Contributor Disclosures](#)

All topics are updated as new evidence becomes available and our
[peer review process](#) is complete.

Literature review current through: **Jan 2024**.
This topic last updated: **Jan 12, 2024**.

INTRODUCTION

This section highlights selected specific new recommendations and/or updates that we anticipate may change usual clinical practice. Practice Changing UpDates focus on changes that may have significant and broad impact on practice, and therefore do not represent all updates that affect practice. These Practice Changing UpDates, reflecting important changes to UpToDate over the past year, are presented chronologically, and are discussed in greater detail in the identified topic reviews.

حای هر گونه تغییر در روند درمانی بیماری ها

You receive the entire UpToDate library of specialties with your subscription. Click on a section below to view a detailed list of topics associated with that particular section. If you'd like to see the table of contents for other specialties, click here.

- 1 → General drug information
- 2 → International drug information (concise)
- 3 → Patient drug information
- 4 → Pediatric drug information
- 5 → What's new in drug therapy
- 6 → Patient Education

1 (1) General drug information: اطلاعات کلی در مورد داروها بیان شده است.

2 (2) International drug information (concise): اطلاعاتی خلاصه در مورد نام تجاری داروها؛ دوز مصرف و.. بیان شده است

3 (3) Patient drug information: اطلاعات دارویی به صورت پرسش و پاسخ برای بیماران بیان شده است.

4 (4) Pediatric drug information: اطلاعات مخصوص کودکان و این گروه سنی بیان شده است

5 (5) What's new in drug therapy: اطلاعات در مورد داروهای جدید تایید شده؛ داروهای حذف شده در بازار و برخی از اخطارهای دارویی بیان شده است

6 (6) Patient Education: آموزش به بیمار

اطلاعات

عمومی و کلی

UpToDate offers two levels of content for patients:

- 1 **The Basics** are short overviews. They are written in accordance with plain language principles and answer the four or five most important questions a person might have about a medical problem.
- 2 **Beyond the Basics** are longer, more detailed reviews. They are best for readers who want detailed information and are comfortable with some medical terminology.

Learn more about UpToDate's patient education materials.

اطلاعات

جامع و

تخصصی تر

To see the available patient education topics in UpToDate, click on a category below.

Adult general health	Digestive system	Lung disease
Allergies and asthma	Ear, nose, and throat	Mental health
Anesthesia	Emergency medicine	Nutrition, diet, and weight
Autoimmune disease	Eyes and vision	Pregnancy and childbirth
Blood disorders	Heart and blood vessels	Senior health
Bones, joints, and muscles	Home health	Sexual and reproductive health
Brain and nerves	Hormones	Skin, hair, and nails
Cancer	Infections and vaccines	Sleep
Children's health	Kidneys and urinary system	Surgery
Dental health	Laboratory and diagnostic tests	

Patient Education : آموزش به بیمار را در سطوح مختلف جهت پاسخگویی به نیازهای اطلاعاتی مختلف بیماران فراهم می کند.

You have access to the entire UpToDate® library of specialties with your subscription. Click on one of the specialties below to see sections associated with each.

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25 حوزه موضوعی
پزشکی

Topics by specialty : مقالات پایگاه در 25 حوزه موضوعی دسته بندی شده است. ▶

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Authors and Editors: اطلاعات نویسندگان و ویراستاران هر موضوع بالینی

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Calculators

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Family Medicine and General Practice Calculators

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جستجوی شاخص مورد نظر
به صورت خاص و الفبایی

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Calculators

View By Specialty

List Alphabetically

Search Calculators

4 Ts score for calculating the pretest probability of heparin-induced thrombocytopenia (HIT)

A-a gradient (alveolar-arterial gradient; AaG)

ABCD2 score to predict stroke risk after TIA in adults

Absolute eosinophil count

Absolute neutrophil count

Adjusted cerebrospinal fluid white blood cell count in the presence of red blood cells

Adult burn injury fluid resuscitation (Parkland crystalloid estimate)

Albumin-bilirubin (ALBI) grade estimate of survival of adults with hepatocellular carcinoma (conventional and SI units)

Alcohol consumption screening AUDIT questionnaire in adults (Patient education)

APACHE II scoring system by admission diagnosis in adults

Apgar score in newborns

ARISCAT (Canet) preoperative pulmonary risk index in adults

Aspartate aminotransferase (AST) to platelet ratio index (APRI) in adults (conventional

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Calculator: Albumin-bilirubin (ALBI) grade estimate of survival of adults with hepatocellular carcinoma (conventional and SI units)

Calculator: Albumin-bilirubin (ALBI) grade estimate of survival of adults with hepatocellular carcinoma (conventional and SI units)

Input

Bilirubin mcmol/LAlbumin g/L

Result

Important: Inputs must be complete to perform calculation.ALBI score

Decimal precision 2

Reset form

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< Back Lexicomp® Drug Interactions Print

Item(s)

Q Enter Item Name Add

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Item(s)

Q Enter Item Name Add

X MetFORMIN }
X Pantoprazole }

Clear Analyze

X Avoid combination	C Monitor therapy	A No known interaction
D Consider therapy modification	B No action needed	<i>More about Risk Ratings</i>

1 Result

View interaction detail by clicking on link(s) below.

B MetFORMIN
Pantoprazole

نتیجه

Display complete list of interactions for an individual item by clicking item name.

DISCLOSURE: Readers are advised that decisions regarding drug therapy must be based on the independent judgment of the clinician, changing information about a drug (eg, as reflected in the literature and manufacturer's most current product information), and changing medical practices.

Hyponatremia: Evaluation in adults

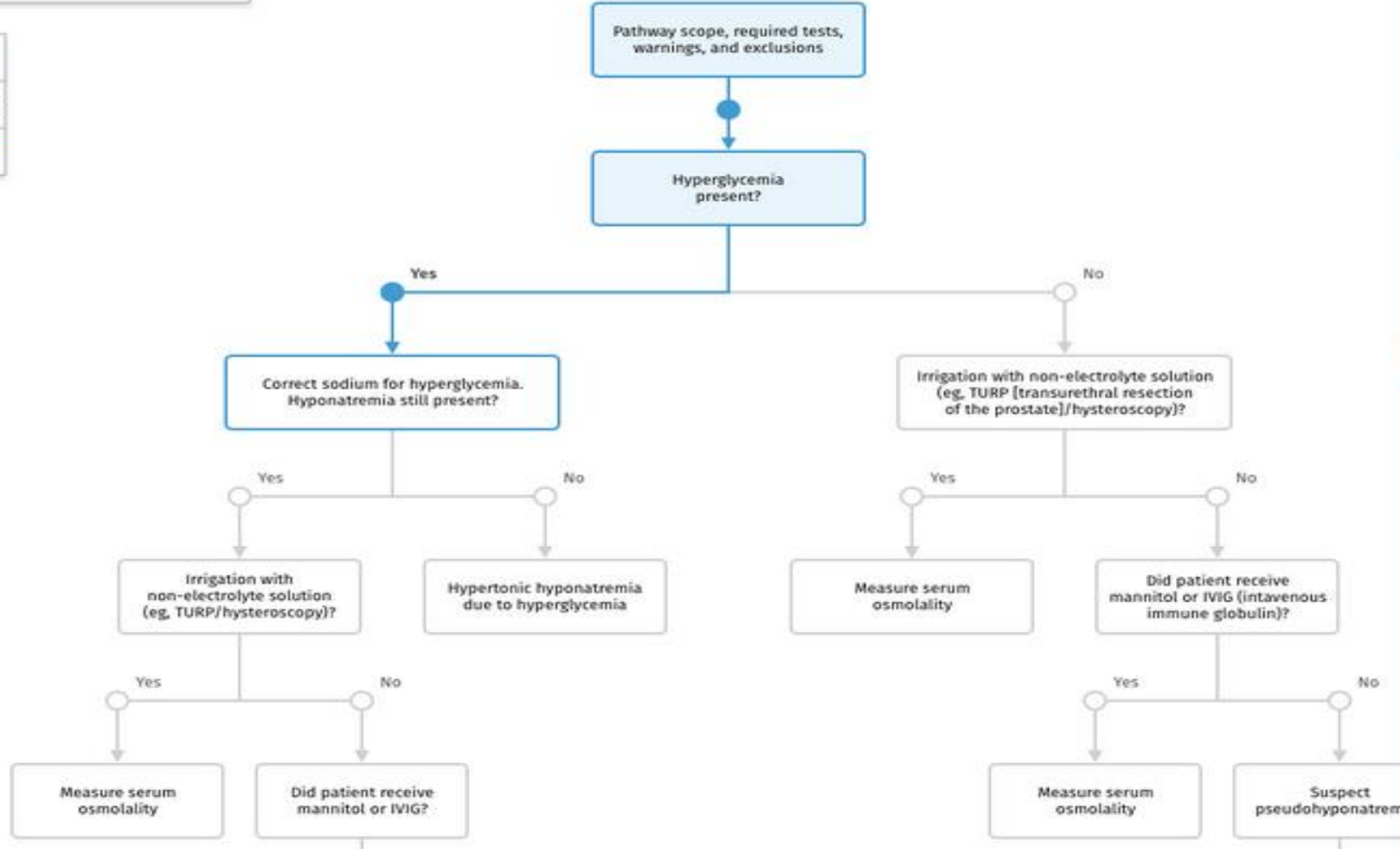
Authors & Editors

Abbreviations

Related Content

Other Pathways

Click and drag to reposition algorithm



Is this UpToDate Pathway appropriate for this patient?

 Yes NoDoes the patient have hyperglycemia (ie, glucose ≥ 125 mg/dL [6.94 mmol/L])? Yes No

What is the patient's serum sodium?

Sodium (mEq/L; please enter a value between 80 to 134 mEq/L).

89

What is the patient's serum glucose?

Glucose (mg/dL; please enter a value between 125 mg/dL and 3000 mg/dL). To convert mmol/L to mg/dL, divide by 0.0555.

199

Corrected serum sodium: 91 mg/dL

فرایند تشخیص یا درمان بیماری را به صورت نمودار نشان داده می شود. ▶

up to date جستجو در پایگاه اطلاعاتی

□ جستجوی گایدلاین ها

□ جستجوی اختصارات (abbreviations)

□ جستجوی الگوریتم ها

□ دسترسی به گرافیک ها

COVID-19: Evaluation of adults with acute illness in the outpatient setting



Topic Graphics (7)

Non-acutely ill patients

Non-acutely ill patients

COUNSELING

Infection control and isolation period

Warning symptoms

COVID-19 vaccination after recovery from acute illness

REEVALUATION FOR WORSENING

CLINICAL ACUITY

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related to COVID-19 pandemic' and "COPD exacerbations: Management".)

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SOCIETY GUIDELINE LINKS

Links to society and government-sponsored guidelines from selected countries and regions around the world are provided separately. (See "[Society guideline links: COVID-19 – Index of guideline topics](#)".)

INFORMATION FOR PATIENTS

UpToDate offers two types of patient education materials, "The Basics" and "Beyond the Basics." The Basics patient education pieces are written in plain language, at the 5th to 6th grade reading level, and they answer the four or five key questions a patient might have about a given condition. These articles are best for patients who want a general overview and who prefer short, easy-to-read materials. Beyond the Basics patient education pieces are longer, more sophisticated, and more detailed. These articles are written at the 10th to 12th grade reading level and are best for patients who want in-depth information and are comfortable with some medical jargon.

Here are the patient education articles that are relevant to this topic. We encourage you to print or e-mail these topics to your patients. (You can also locate patient education articles on a variety of subjects by searching on "patient info" and the keyword(s) of interest.)

- Basics topics (see "[Patient education: COVID-19 overview \(The Basics\)](#)" and "[Patient education: COVID-19 and pregnancy \(The Basics\)](#)" and "[Patient education: COVID-19 and children \(The Basics\)](#)" and "[Patient education: Long COVID \(The Basics\)](#)")

جستجو
کردن
guideline

1

Society guideline links: COVID-19 – Index of guideline topics



Outline

[Introduction](#)[Society guideline topics for diagnosis, prevention, and management](#)[Society guideline topics by health care setting](#)[Society guideline topics by medical specialty](#)

RELATED TOPICS

[Society guideline links: COVID-19 – Allergy and immunology care](#)[Society guideline links: COVID-19 – Anesthetic care](#)[Society guideline links: COVID-19 – Anticoagulation](#)[Society guideline links: COVID-19 – Cardiovascular care](#)[Society guideline links: COVID-19 – Community and public health settings \(including travel\)](#)

Introduction

This topic provides an index to other topics with coronavirus disease 2019 (COVID-19)-related guidelines from public health, government-sponsored, and specialty societies from selected countries and regions around the world.

The recommendations in the following topics may vary from those that appear in UpToDate topic reviews. Readers who are looking for UpToDate topic reviews should use the UpToDate search box to find the relevant content.

Society guideline topics for diagnosis, prevention, and management

- [Society guideline links: COVID-19 – General guidelines for diagnostic testing](#)
- [Society guideline links: COVID-19 – General guidelines for infection control](#)
- [Society guideline links: COVID-19 – General guidelines for pre- and post-exposure prophylaxis](#)
- [Society guideline links: COVID-19 – General guidelines for vaccination](#)
- [Society guideline links: COVID-19 – General guidelines for management](#)
- [Society guideline links: COVID-19 – General guidelines for critical care](#)

Society guideline topics by health care setting

- [Society guideline links: COVID-19 – Community and public health settings \(including travel\)](#)
- [Society guideline links: COVID-19 – Health care workers and health care systems](#)

Outline

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RELATED TOPICS

[Patient education: COVID-19 and children \(The Basics\)](#)[Patient education: COVID-19 and pregnancy \(The Basics\)](#)[Patient education: COVID-19 overview \(The Basics\)](#)

Rate ☆☆☆☆

گایدلاین در
موضوع خاص به
صورت دسته
بندی شده

The recommendations in the following guidelines may vary from those that appear in UpToDate topic reviews. Readers who are looking for UpToDate topic reviews should use the UpToDate search box to find the relevant content.

Testing for health care workers, residents in long-term care facilities, and select populations in community settings are discussed separately. (See "Society guideline links: COVID-19 – Health care workers and health care systems" and "Society guideline links: COVID-19 – Long-term care facilities" and "Society guideline links: COVID-19 – Community and public health settings (including travel)".)

Links to other COVID-19-related guidelines are provided separately. (See "Society guideline links: COVID-19 – Index of guideline topics".)

International

- [World Health Organization \(WHO\): Use of SARS-CoV-2 antigen-detection rapid diagnostic tests for COVID-19 self-testing – Interim guidance \(2022\)](#)
- [WHO: Antigen-detection in the diagnosis of SARS-CoV-2 infection – Interim guidance \(2021\)](#)
- [WHO: Recommendations for national SARS-CoV-2 testing strategies and diagnostic capacities – Interim guidance \(2021\)](#)
- [WHO: Diagnostic testing for SARS-CoV-2 – Interim guidance \(2020\)](#)

Canada

- [Public Health Agency of Canada \(PHAC\): Interim guidance on the use of rapid antigen detection tests for the identification of SARS-CoV-2 infection \(2022\)](#)

Showing results for **ESRD** (End-stage kidney disease)

Overview of the management of chronic kidney disease in adults

...and mineral and bone disorders (MBDs). The onset of **ESKD** results in a constellation of signs and symptoms referred to as **uremia**. Manifestations of **uremia** include anorexia, nausea, vomiting, pericarditis, ...

Treatment of complications of end-stage kidney disease

Blood pressure control

Summary and recommendations

CKD classification based upon GFR and albuminuria

Relative risks of major complications of CKD

Alternative kidney replacement therapies in end-stage kidney disease

...retained in kidney failure, 146 were designated as **uremic** toxins by the European **Uremic** Toxin Work Group . Although the mode of classification of **uremic** toxins is evolving , we will follow the molecular ...

Summary and recommendations

Overview of the management of chronic kidney disease in adults

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Topic Graphics (7)



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NATURAL HISTORY OF KIDNEY DISEASE

DEFINITION AND CLASSIFICATION

ASSOCIATION WITH CARDIOVASCULAR DISEASE, END-STAGE KIDNEY DISEASE, AND MORTALITY

GENERAL MANAGEMENT OF CHRONIC KIDNEY DISEASE

Blood pressure control

Slowing the rate of progression

Treating the underlying cause

AUTHOR: Mark Rosenberg, MD

SECTION EDITORS: Gary C Curhan, MD, ScD, Marcello Tonelli, MD, SM, FRCP

DEPUTY EDITOR: John P Forman, MD, MSc

Contributor Disclosures

All topics are updated as new evidence becomes available and our peer review process is complete.

Literature review current through: Jan 2024.

This topic last updated: Nov 10, 2022.

INTRODUCTION

All patients with kidney disease (whether acute or chronic) should undergo an assessment of kidney function by estimating the glomerular filtration rate (GFR) from the serum creatinine. This measurement is used clinically to evaluate the degree of kidney impairment, to follow the course of the disease, and to assess the response to therapy. An attempt must also be made to obtain a specific diagnosis. The first step is a careful urinalysis, looking for proteinuria, hematuria, and cellular casts. Further evaluation may include quantification of proteinuria, kidney ultrasound, referral to a nephrologist, and a kidney biopsy. Nephrology referral is especially indicated when there is a rapid decline in kidney function, an elevated albumin-to-creatinine ratio (>300 mg/g), or urinary red blood cell casts. (See "Assessment of kidney function" and "Diagnostic approach to adult patients with subacute kidney injury in an outpatient setting" and "Urinalysis in the diagnosis of kidney disease".)

Pulmonary hypertension in patients with end-stage kidney disease

Topic Graphics (7)



- Volume management
- AV access management
- Patients on peritoneal dialysis
- Monitoring for PH
- Refractory disease

KIDNEY TRANSPLANTATION

PROGNOSIS

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Algorithms

- Diagnosis of pulmonary hypertension in patients on dialysis
- Management of pulmonary hypertension

AUTHORS: William Hopkins, MD, Thomas A Golper, MD, Gerald A Beathard, MD, PhD
SECTION EDITORS: Jeffrey S Berns, MD, Ellen D Dillavou, MD
DEPUTY EDITORS: Eric N Taylor, MD, MSc, FASN, Kathryn A Collins, MD, PhD, FACS, Geraldine Finlay, MD
[Contributor Disclosures](#)

All topics are updated as new evidence becomes available and our [peer review process](#) is complete.
Literature review current through: **Jan 2024**.
This topic last updated: **Jul 21, 2022**.

INTRODUCTION

Pulmonary hypertension (PH) in patients with end-stage kidney disease (ESKD) is a serious condition that is associated with an increased risk of cardiovascular events and death [1-6]. Identifying PH can be challenging but is important in this population since management strategies differ from those for patients with ESKD who do not have PH.

The presentation, diagnosis, and management of patients with ESKD and PH is presented in this topic review. The evaluation and management of PH in other populations are discussed separately:

- (See "[Clinical features and diagnosis of pulmonary hypertension of unclear etiology in adults](#)".)
- (See "[Treatment and prognosis of pulmonary arterial hypertension in adults \(group 1\)](#)".)
- (See "[Pulmonary hypertension due to left heart disease \(group 2 pulmonary hypertension\) in adults](#)".)

Goal blood pressure according to baseline risk for cardiovascular disease and method of measuring blood pressure

	Casual/conventional office blood pressure (manual or oscillometric measurement without proper patient preparation or technique)*	AOBPM, standardized office blood pressure, daytime ABPM, or home blood pressure [¶]
Higher-risk population^Δ		
<ul style="list-style-type: none"> Known ASCVD[◇] Heart failure Diabetes mellitus Chronic kidney disease Age ≥65 years[§] Calculated 10-year risk of ASCVD event ≥10%[¥] 	125 to 130/<80	120 to 125/<80
Lower-risk[‡]		
<ul style="list-style-type: none"> None of the above risk factors 	130 to 139/<90	125 to 135/<90

- All target ranges presented above are in mmHg.
- On average, blood pressure readings are 5 to 15 mmHg lower with standardized or out-of-office methods of measurement (ie, AOBPM, daytime ABPM, home blood pressure) than with casual/conventional methods of office measurement (ie, manual auscultatory or oscillometric measurement without proper patient preparation or technique). However, it is critical to realize that this average difference in blood pressures according to the methodology of measurement applies to the population and not the individual. Some patients do not experience a white coat effect, and, therefore, there is some uncertainty in setting goals that are specific to the method of measurement.
- When treating to these goals, a patient may (inadvertently) attain a blood pressure below the given target. Provided the patient does not develop symptoms, side effects, or adverse events as a result of the treatment regimen, then reducing or withdrawing antihypertensive medications is unnecessary.

Graphics in this topic

Chronic kidney disease classification based upon glomerular filtration rate and albuminuria

GFR category	eGFR (ml/min/1.73 m ²)	Albuminuria
G1	≥90	Normal or high
G2	60 to 89	Mildly decreased
G3a	45 to 59	Mildly to moderately decreased
G3b	30 to 44	Moderately to severely decreased
G4	15 to 29	Severely decreased
G5	<15	Severely decreased (may be subdivided into stages 4 and 5 based on degree)

Chronic kidney disease classification based upon glomerular filtration rate and albuminuria

Goal blood pressure according to baseline risk for cardiovascular disease and method of measuring blood pressure

Measurement method	Higher risk population ^Δ	Lower risk [‡]
Casual/conventional office blood pressure (manual or oscillometric measurement without proper patient preparation or technique)*	125 to 130/<80	130 to 139/<90
AOBPM, standardized office blood pressure, daytime ABPM, or home blood pressure [¶]	120 to 125/<80	125 to 135/<90

Goal blood pressure according to baseline risk for cardiovascular disease and method of measuring blood...

Recommended dietary intake for chronic kidney and end-stage renal disease patients[¶]

Parameter	Chronic kidney disease [¶]	End-stage renal disease [¶]
Protein	0.55 to 1.0 g/kg/d [¶] or 0.8 g/kg/d [¶] for high interquartile range	0.28 to 1.0 g/kg/d [¶]
Energy	25 to 35 kcal/kg/d [¶] (if the body weight is greater than 100% of ideal or if the patient is greater than 65 years of age a lower amount may be appropriate)	25 to 35 kcal/kg/d [¶]
Fluid	30 to 40 mL/kg/d [¶]	30 to 40 mL/kg/d [¶]
Phosphorus	800 to 1000 mg/d [¶]	800 to 1000 mg/d [¶]
Sodium	1500 to 2000 mg/d [¶]	1500 to 2000 mg/d [¶]
Potassium	2000 to 3000 mg/d [¶]	2000 to 3000 mg/d [¶]
Calcium	1000 to 1200 mg/d [¶]	1000 to 1200 mg/d [¶]
Iron	45 to 60 mg/d [¶]	45 to 60 mg/d [¶]
Zinc	7.5 to 15 mg/d [¶]	7.5 to 15 mg/d [¶]
Copper	900 to 1000 mg/d [¶]	900 to 1000 mg/d [¶]
Magnesium	300 to 400 mg/d [¶]	300 to 400 mg/d [¶]
Vitamin D	15 to 20 IU/kg/d [¶]	15 to 20 IU/kg/d [¶]
Vitamin B12	2.4 to 3.6 mcg/d [¶]	2.4 to 3.6 mcg/d [¶]
Folate	100 to 150 mcg/d [¶]	100 to 150 mcg/d [¶]
Choline	300 to 500 mg/d [¶]	300 to 500 mg/d [¶]
Omega-3 fatty acids	1 to 2 g/d [¶]	1 to 2 g/d [¶]
Phosphorus	800 to 1000 mg/d [¶]	800 to 1000 mg/d [¶]
Sodium	1500 to 2000 mg/d [¶]	1500 to 2000 mg/d [¶]
Potassium	2000 to 3000 mg/d [¶]	2000 to 3000 mg/d [¶]
Calcium	1000 to 1200 mg/d [¶]	1000 to 1200 mg/d [¶]
Iron	45 to 60 mg/d [¶]	45 to 60 mg/d [¶]
Zinc	7.5 to 15 mg/d [¶]	7.5 to 15 mg/d [¶]
Copper	900 to 1000 mg/d [¶]	900 to 1000 mg/d [¶]
Magnesium	300 to 400 mg/d [¶]	300 to 400 mg/d [¶]
Vitamin D	15 to 20 IU/kg/d [¶]	15 to 20 IU/kg/d [¶]
Vitamin B12	2.4 to 3.6 mcg/d [¶]	2.4 to 3.6 mcg/d [¶]
Folate	100 to 150 mcg/d [¶]	100 to 150 mcg/d [¶]
Choline	300 to 500 mg/d [¶]	300 to 500 mg/d [¶]
Omega-3 fatty acids	1 to 2 g/d [¶]	1 to 2 g/d [¶]

Recommended dietary intake for chronic kidney and end-stage renal disease patients*

Table 20. Phosphorus content of protein-containing foods

Food	Protein (g)	Phosphorus (mg)
Beef, lean, cooked	26	180
Chicken, skinless, cooked	23	160
Salmon, cooked	24	170
Swine, lean, cooked	26	180
Turkey, skinless, cooked	23	160
Wheat, whole grain	13	100
Wheat, white	13	100
Yogurt, plain, 1% fat	10	100
Yogurt, plain, 2% fat	10	100
Yogurt, plain, 4% fat	10	100
Yogurt, plain, 8% fat	10	100
Yogurt, flavored, 1% fat	10	100
Yogurt, flavored, 2% fat	10	100
Yogurt, flavored, 4% fat	10	100
Yogurt, flavored, 8% fat	10	100
Yogurt, Greek, 1% fat	10	100
Yogurt, Greek, 2% fat	10	100
Yogurt, Greek, 4% fat	10	100
Yogurt, Greek, 8% fat	10	100
Yogurt, Greek, flavored, 1% fat	10	100
Yogurt, Greek, flavored, 2% fat	10	100
Yogurt, Greek, flavored, 4% fat	10	100
Yogurt, Greek, flavored, 8% fat	10	100
Yogurt, Greek, plain, 1% fat	10	100
Yogurt, Greek, plain, 2% fat	10	100
Yogurt, Greek, plain, 4% fat	10	100
Yogurt, Greek, plain, 8% fat	10	100
Yogurt, Greek, plain, 1% fat, low phosphorus	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine	10	50
Yogurt, Greek, plain, 1% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine, low fluorine	10	50
Yogurt, Greek, plain, 2% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine, low fluorine	10	50
Yogurt, Greek, plain, 4% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine, low fluorine	10	50
Yogurt, Greek, plain, 8% fat, low phosphorus, low sodium, low potassium, low calcium, low iron, low zinc, low copper, low magnesium, low selenium, low chromium, low manganese, low cobalt, low nickel, low vanadium, low molybdenum, low boron, low silicon, low iodine, low fluorine	10	50

Table 20. Phosphorus content of protein-containing foods

ساس از
توجه شما

