

Taking care of your bones

Presented by: María Eugenia Rodríguez-León, MS, RD, CSR

Key Points:

1. What happens to bones when kidneys are not working well?
2. Learn about phosphorus, calcium, PTH and vitamin D
3. How can my meal pattern protect my bones?

About

the presenter: Maria Eugenia Rodríguez-León is a registered dietitian and board certified renal nutrition specialist with 13 years of experience in the kidney space. She lives in Puerto Rico and owns a virtual private practice where she works with Spanish-speaking adults who live with CKD to help them slow kidney disease progression. She has worked with local and national organizations to educate Hispanics about nutrition and kidney health.