



# Essential Tips for Phosphorus Control in Kidney Disease

## Presenter:

Maria Eugenia Rodríguez-León, RD

## Objectives:

1. Explain the importance of maintaining optimal phosphorus levels in kidney disease patients to prevent complications such as cardiovascular disease and bone disorders.
2. Provide practical guidance on how to implement a low-phosphorus diet
3. Empower participants with the knowledge and skills necessary to adhere to phosphate binders

## About the presenter:

*Maria Eugenia Rodríguez-León is a registered dietitian and board certified renal nutrition specialist with 15 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.*