

# A better binder for a better you!

Phosphate binders are medications that help to absorb phosphorus from food in your stomach so it doesn't build up in your body as quickly. Food and binders go together to make a healthy heart and strong bones—that's why it's important to take them exactly as prescribed when you eat.

**Some binders contain calcium. Too much calcium can lead to:**



Hardening of the arteries

Bone deposits on skin

Irregular heartbeat

Death

## Get the right binder for you

Read the statements below and check the ones that are important to you. Then share your list with your dialysis care team so they can choose the right binder for you.

- I want to take fewer pills each day.
- I want to avoid added calcium in my pills.
- I want to carry fewer pills with me when I dine outside my home.
- I want a binder that is easy to chew.
- I want a binder that is easy to swallow.
- I want a binder that will not make me constipated.
- I want help making sure my binder is affordable.
- Other: \_\_\_\_\_



### **WE CAN HELP YOU MANAGE YOUR BINDERS**

With FreseniusRx, your medications may be delivered straight to your home or dialysis center depending on your location. FreseniusRx pharmacists specialize in kidney medications and are available 24/7 to answer any questions. Talk to your care team if you are interested in receiving your medications through FreseniusRx or call 1-800-947-3131.