

CAN DIET IMPROVE GUT HEALTH IN PEOPLE WITH CHRONIC KIDNEY DISEASE?

WE WOULD LIKE YOUR HELP!

Researchers from the University of Wollongong and the Wollongong Hospital are undertaking a research trial to compare two different types of diets for people with kidney disease. The aim of the trial is to test whether a diet that has more than 30 different types of plant foods each week can change the types of bacteria in your gut, and the levels of toxins in your blood. We also hope to test if the new diet improves measures such as blood pressure, bicarbonate, and symptoms. If this new diet proves to be effective, this could lead to improvements in your health.

What you need to do

If you agree to participate in this research, you will be asked to complete a series of questionnaires, follow two different diets and provide some biological samples

Are you eligible to participate in this study?

If you wish to participate in this study, you must have an eGFR between 20 to 59 ml/ min and not be undertaking dialysis. If you are not sure, ask your doctor or nurse.

Compensation

To compensate for your time, participants will receive a \$50 gift voucher at the conclusion of this study (16 weeks).

For more information

If you would like to participate, please talk to your doctor or contact Jordan Stanford on 0411 099 385 or (02) 4221 4600, or email js096@uowmail.edu.au

This study was approved by the University of Wollongong Ethics Committee (2019/ETH00398)

