

HOW DO I PREVENT CKD?

1. Seeing your doctor on a regular basis is crucial to preventing CKD. Your doctor can help you to:

Control high blood pressure and diabetes

Avoid medicines that hurt your kidneys

Pain killers, like Motrin, Ibuprofen, and Advil, and some herbal medicines can damage the kidneys.

Avoid too much protein and sodium in your diet

People who consume too much protein are more likely to develop kidney disease. Too much salt can also damage your kidneys.

2. Drink enough fluid: 2 liters/day can help prevent kidney stones

3. Exercise often: 5 times a week, 30-60 minutes

4. Eat healthy: Avoid food that is high in fats, salts, and sugar

Talking to your doctor about all of these issues can help you to avoid chronic kidney disease.

COMMUNITY KIDNEY DISEASE DETECTION

What you should know about

Chronic Kidney Disease

Important facts and how to protect yourself

CHRONIC KIDNEY DISEASE AT A GLANCE

About 67,000 people die each year due to renal failure, one of the top 10 causes of death in America.

About 1 in 6 individuals have kidney disease, and over 400,000 patients are on dialysis or have received kidney transplants.

Kidney disease is more common in Asian-Americans, African-Americans, and Hispanics.

CKD can be a silent disease; you may not know you have it until irreversible damage has occurred.

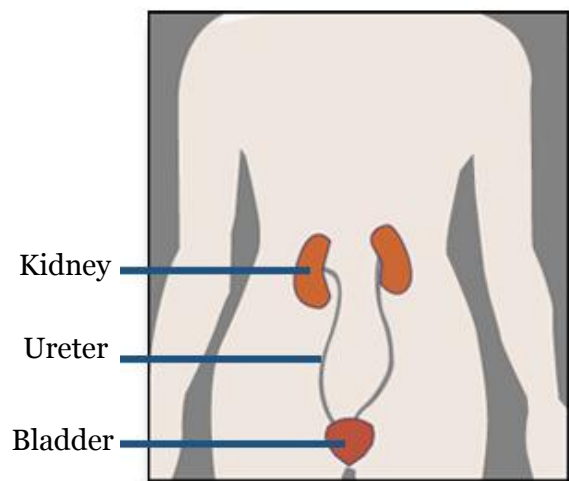


Kidney Disease Screening and Awareness Program

41 Ave. Louis Pasteur, Rm 120
Boston, MA 02115
(617) 264-3060
Kdsap.org

WHERE ARE MY KIDNEYS?

- Your kidneys are found near your back, below the ribcage.



WHAT DO MY KIDNEYS DO?

- Make urine to remove excess water, wastes, and toxins from your blood.
- Maintain your body's balance of salts and acids.
- If kidney function fails, your body is damaged by the toxic waste that aggregates in your blood.
- Produce hormones that control blood pressure, red blood cell numbers, and vitamin D and calcium levels.

WHAT IS KIDNEY DISEASE?

There are two types of kidney disease:

- 1. Acute Kidney Disease:** your kidneys stop working over days or weeks. Problems with kidney blood supply, activity, or urine flow can cause this. If diagnosed and treated in time, you can recover completely.
- 2. Chronic Kidney Disease (CKD):** the gradual, irreversible damage to the kidneys over several months or years. Initial symptoms do not appear until its later stages, making CKD a silent killer.

WHAT CAUSES CKD?

- **Diabetes:** prevents glucose breakdown, damaging the kidneys. The kidneys may stop working well 15-20 years after onset of diabetes.
- **High blood pressure:** damages kidney blood vessels, preventing waste removal.
- **Kidney Infection**
- **Genetics:** having family members with diabetes, hypertension, kidney disease, like polycystic kidney disease
- **Inflammation** due to problems with immune system
- **Obstructions preventing proper urine flow:** kidney stones, enlarged prostate, abnormal urological system
- **Medications:** Motrin, Ibuprofen, Advil, certain herbs, contrast injections

WHAT ARE THE SYMPTOMS OF CKD?

- There are **often no symptoms** until permanent damage has happened to your kidneys.
- When symptoms do occur, they include:
 - Fatigue and weakness
 - Swelling of the legs
 - Itching
 - Headaches
 - Nausea and vomiting
 - Frequent urination
 - Painful or difficult urination
 - Bloody urine
 - Chest pains
 - Decreased sexual interest
 - Bone pain and fractures

HOW IS CKD DIAGNOSED?

There are two types of lab tests:

- **Blood test:**
These measure blood creatinine and urea, waste products from the breakdown of muscle and protein. High levels of these substances can be found in serious kidney disease.
- **Urine test:**
Looks for blood or protein in urine, which only appear with kidney disease.