

## 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.**

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## KIDNEY DISEASE SCREENING AND AWARENESS PROGRAM



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Global Kidney Health Innovation Center,  
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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.

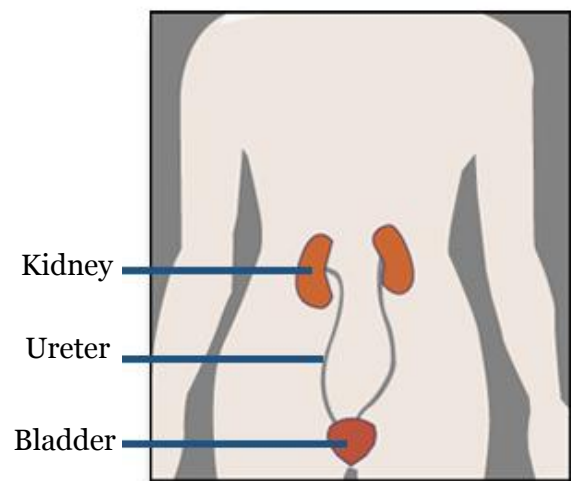
About 1 in 6 individuals have kidney disease, and over 400,000 patients are on dialysis or have received kidney transplants.

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.

## 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.