

CHRONIC KIDNEY DISEASE

What You Need to Know

THE SILENT KILLER

- does not show symptoms until it's too late - get tested frequently!
- 90% of those with Chronic Kidney Disease (CKD) don't know that they have it
- 15% of the adult U.S. population has CKD, however it is preventable



HOW TO KEEP KIDNEYS HEALTHY?

Lifestyle Changes

- ask for low sodium food alternatives at restaurants
- aim for two hours of exercise a week
 - 5 days a week, 30-60 min a day
 - walking or seated physical activities

NUTRITION

- consume a diet rich in fiber (vegetables, beans, fruit)
- swap spices (cumin, pepper) and herbs for condiments (ketchup, salt)
- limit the amount of phosphorous rich foods
 - ex. dairy products



RISK FACTORS

- over 60 years old
- diabetes (self or family history)
- high blood pressure (self or family history)
- HIV/AIDS
- family member with kidney disease
- African American, Hispanic/Latino, Native American, Asian (minorities have a much higher rate of contracting CKD!)



SIGNS OF KIDNEY DISEASE

- nausea
- fatigue
- dizziness
- swelling in feet/hands/face
- back pain
- bloody/dark/foamy urine

