

EURACARE

PATIENT INFORMATION

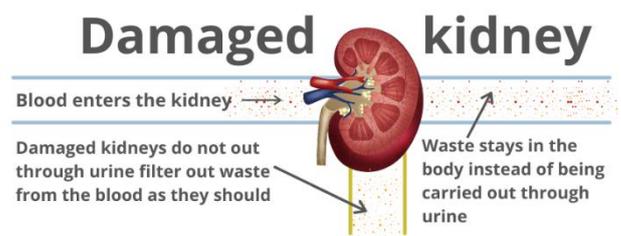
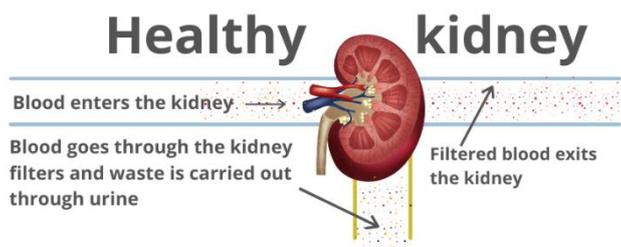
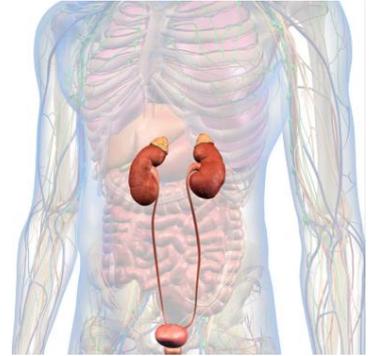
KIDNEY DISEASE

The kidneys!

Your kidneys are vital organs. You need them to live, just like you need your heart and lungs. They filter waste and extra fluid out of your blood to make urine. Your kidneys also do other important jobs including:

- Control chemicals and fluid in your body
- Help control your blood pressure
- Help keep your bones healthy
- Help your body make red blood cells

Most people have two kidneys. Each kidney is located near the middle of your back, one on each side of your spine. Each kidney is connected to your bladder by a thin tube called a ureter.



You at higher risk for kidney disease if you...

- Are 60+ years old
- Have diabetes
- Have high blood pressure
- Have heart disease
- Have a family member with kidney disease
- Are African descent

Chronic kidney disease (CKD).

- Chronic kidney disease means you have lasting damage to your kidneys that may get worse over time.
- It is most often caused by diabetes or high blood pressure.
- CKD may be preventable. Finding and treating CKD early may delay or even prevent kidney failure.

Symptoms of CKD:

- Itchy skin
- Muscle cramps
- Nausea and vomiting
- Loss of appetite

- Swelling in your feet and ankles
- Too much or not enough urine (pee)
- Trouble catching your breath
- Trouble sleeping

Tests for kidney disease:

GFR test estimated Glomerular Filtration Rate (blood creatinine test)

- A blood test that shows how well your kidneys are working.
- Your eGFR is a number based on your age, gender, race/ethnicity, and how much creatinine (a natural waste product) is in your blood.
- You might have kidney disease if your eGFR is less than 60 for three months or more.

Urine test

- A test to look for blood or protein (albumin) in your urine.
- Blood or protein in your urine can be an early sign of kidney disease.
- There are usually no visible signs of blood or protein in your urine unless your kidney damage is very bad.

Kidney failure

- Kidney failure happens when the damage to your kidneys is very bad and your kidneys stop working.
- It is also known as ESRD (end-stage renal disease).
- ESRD has no cure, and you will need dialysis or a kidney transplant to live.

Prevention of kidney disease

- Diabetes and high blood pressure are the most common causes of kidney disease. If you have either of these conditions, talk to your doctor about how to control your blood sugar or blood pressure.
- Live a healthy lifestyle:
 - Eat a low-fat, low-salt diet
 - Exercise for 30 minutes a day, 5 days per week
 - Have regular check-ups with your doctor
 - Do not smoke or use tobacco
 - Limit alcohol
 - Keep a healthy weight