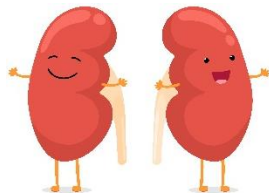




KIDNEY HEALTH

PARTS OF THE KIDNEY



You have 2 kidneys, one on each side of your back. They are bean-shaped organs in the renal system. Each kidney is about the size of your fist.

Renal Artery

Carries blood into your kidney to be cleaned

Nephrons

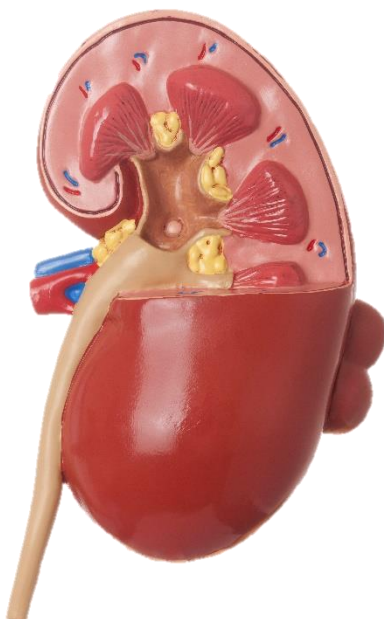
These act as little filters in your kidneys. They remove harmful substances from your blood

Renal Vein

Carries blood out of your kidney after it has been cleaned

Ureter

Carries waste out of your kidney to be removed from the body as urine



WHAT DO THEY DO?

Filter your blood

Filtering your blood is the kidney's main job. They remove wastes, control the body's fluid balance, and keep the right levels of electrolytes. All of the blood in your body passes through your kidneys about 40 times a day.

Remove extra water and wastes

Blood enters the kidneys, then wastes gets removed, and salt, water, and minerals are adjusted if needed. The filtered blood goes back into the body and waste and extra water is turned into urine. Urine funnels into a tube called the ureter, then to the bladder.

YOUR KIDNEYS FILTER ABOUT 50 GALLONS OF LIQUID EVERY DAY!

50 x DAILY!



CHRONIC KIDNEY DISEASE

What is Chronic Kidney Disease?

Chronic Kidney Disease (CKD), also called kidney failure, means that your kidneys are damaged and cannot filter blood the way they are supposed to.

You can be born with kidney problems or CKD could develop with age.

In the early stages of CKD, there may not be too many noticeable symptoms. CKD gets worse over time, but it can be managed or slowed down.

ARE YOU AT RISK FOR CKD?

The most common risk factors are:

- Diabetes
- High blood pressure
- Heart disease
- An infection
- Family history – parents or grandparents that had CKD
- Drugs that are toxic to the kidneys
- Heavy metal poisoning, like lead poisoning
- Some autoimmune diseases, such as Lupus
- Smoking



STAGES OF CKD

STAGE 1

- You might not feel any symptoms
- You may need to take medications
- Try to eat healthy and keep an eye on your blood pressure

STAGE 2

- You might not feel any symptoms
- You may need to take medications
- Try to eat healthy and keep an eye on your blood pressure

STAGE 3

- You might feel tired or have trouble sleeping
- You may have swelling or pain in your lower back where your kidneys are
- You might develop high blood pressure and have swelling in your hands or feet
- You might need to follow a specific diet
- You may need to take medications
- **With treatment and lifestyle changes, some people do not progress to Stages 4 or 5 of CKD**

STAGE 4

- You might feel the same symptoms from Stage 3 as well as feeling nausea with or without vomiting
- You may have a hard time staying focused
- You may have itchy skin or muscle cramps
- You may be short of breath
- You might develop bone disease or heart disease
- You might need to follow a specific diet
- You will need to take medications
- You may need many blood tests and possibly dialysis

STAGE 5 (END STAGE KIDNEY DISEASE)

- You may experience the same symptoms from Stages 3 and 4 as well as frequent or intense headaches
- Your body may make less urine
- You may have a poor appetite and/or lose weight
- You will need to follow a specific diet
- You will need to take medications
- You will need many blood tests and likely need dialysis
- You may be put on a waiting list for a kidney transplant



KIDNEY-FRIENDLY DIET TIPS

Always talk to a Registered Dietitian (RD) before changing your diet due to a medical diagnosis.

A kidney – friendly eating plan helps protect your kidneys from more damage. It includes food that are easy on your kidneys and it limits foods that are difficult for the kidneys to filter from the blood and eliminate.

- Include herbs/spices for flavor, limit sodium
- Select fresh or frozen vegetables, limit canned produce due to excess sodium
- Talk with your doctor/RD regarding specific nutritional needs, but some patients with kidney disease need to limit protein intake, foods high in potassium or phosphorus, vitamins or supplements, or excess fluids



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