

Kidney Foundation Mission

A Project of Malankara Orthodox Church

Organised by : Bangalore Diocese and St. Gregorios Dayabhavan, Kunigal

Facts about Kidney Disease

Millions of Indians are living with kidney disease right now. Because kidney disease often has no symptoms, many of these people don't even know they have it. Kidney disease puts you more at risk for heart attacks, strokes, and early death. Take action today! Learn your risks, check your kidneys and live healthy. This guide can help.

The Basics:

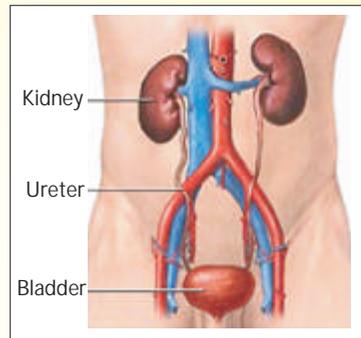
- Most people have two kidneys.
- Your kidneys are located on either side of your spine, just below your rib cage.
- Each kidney is about the size of your fist.
- Your kidneys are connected to your bladder by thin tubes called ureters.

What Your Kidneys Do?

Your kidneys remove waste and extra fluid from your blood. This makes up your urine. Your kidneys also do many other jobs that you need in order to live.

Your Kidneys:

- Balance chemicals in your body
- Help control your blood pressure
- Help keep your bones healthy
- Help make red blood cells



Common Kidney Diseases

- Kidney stones are like small rocks that form in the kidneys. Stones form when certain chemicals in the body clump together. A stone can either stay in the kidney or travel through the urinary tract. Although stones are common, they rarely cause permanent kidney damage, unless neglected.
- Polycystic kidney disease (PKD) is a genetic disorder where many cysts grow in the kidneys. PKD cysts will grow with time and cause the kidneys to fail.
- Kidney infections (called pyelonephritis) are usually caused by germs in the urinary tract. Untreated urinary infections can lead to kidney disease.
- Kidney cancer is a disease where one or more tumors form in the kidney.
- Nephrotic syndrome is not a disease, but can be the first sign that a disease is damaging the kidneys. Symptoms include:
 - Protein in the urine - detected by frothy urine
 - Low blood protein level
 - Swelling of face & feet

Chronic Kidney Disease

The term "chronic kidney disease" (CKD) refers to permanent damage to your kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. If this happens, you will need dialysis or a transplant in order to live. CKD can be caused by many different diseases. The most common causes of CKD are diabetes and high blood pressure. Some infections, inherited diseases, and injuries can also cause CKD.

Symptoms of Chronic Kidney Disease

CKD often has no symptoms until it is very far along! The only way to be sure how well your kidneys are working is to get tested. If you do have symptoms, they might include:

- Feeling sick in your stomach often
- Feeling tired or dizzy often
- Swelling in your feet, hands or face
- Back pain
- Bloody, foamy or dark-colored urine
- High blood pressure
- A change in frequency of urination

Risks for Chronic Kidney Disease

Anyone can develop CKD, but you are at more risk if you:

- Have diabetes
- Have high blood pressure
- Have cardiovascular (heart) disease
- Have a Family History of kidney disease
- Are a smoker
- Are an alcoholic
- Have HIV/AIDS

Tests for Kidney Disease

Medical test for kidney disease and its risk factors is simple. Ask your doctor about these tests:

- GFR (Glomerular Filtration Rate): GFR tells how your kidneys clean your blood. Normal GFR is between 90-130, but the average GFR drops as you get older
- Urine Test: Kidney damage can cause proteins to leak into your urine. This protein is called "Albumin"
- Blood Pressure: High BP can cause kidney diseases. Kidney diseases can also cause you to have high BP. Normal BP is less than 120/80 (120 over 80)

- Blood Glucose (Sugar) Test: This test shows the level of sugar in your body. If Blood Sugar is too High it may be a sign of Diabetes. High Blood Sugar can cause Kidney failure
- Kidney Biopsy: Removing a tiny sample from Kidney (by inserting a needle through the skin to the back of Kidney) to find problems under microscope.
- Imaging Tests: Tests like Ultrasound, CT scan, MRI etc., which takes the picture of the kidneys.

Treatments Available:

Kidney diseases can sometimes lead to kidney failure (also Called End Stage Renal Disease). There is no cure for kidney in such failure. A person with kidney failure needs to have one of these treatments to live:

- Dialysis: It is a procedure that does some of the work of a healthy kidney. It removes wastes, extra salt and water from the body, maintains the chemical balances and controls high BP. There are two types of dialysis: Hemodialysis & Peritoneal Dialysis
- Transplant: A procedure that places a healthy kidney from another person into the body. The new kidney takes over the work of failed kidneys and is enough to sustain life & normal activities of the person, who has received the kidney. The donated kidney may come from a living donor or from someone who has just died.

Living Well With CKD:

The goal of treating CKD is to slow the disease as much as possible. If you can slow CKD enough, you may be able to prevent kidney failure and other problems like heart disease, bone disease and anemia (not enough healthy red blood cells).

To help slowdown your CKD:

- Manage your blood sugar if you have diabetes
- Keep your blood pressure in a healthy range
- Control your cholesterol
- Follow a kidney-friendly diet
- Avoid certain medicines, which harm the kidneys
- Limit scanning tests that use contrast dye
- Avoid tobacco and other drugs
- Avoid alcohol
- Keep a healthy weight
- Be physically active

Remember! If any kidney problem is left untreated, it can lead to chronic kidney disease.

Preventing Kidney Disease

Diabetes and high blood pressure are the two leading causes of kidney failure. Live a healthy lifestyle to prevent diabetes and high blood pressure. If you already have diabetes or high blood pressure, control them to prevent chronic kidney disease!

Description		Yes	No
Are You Suffering From:			
1	Diabetes		
2	Hypertension		
3	Kidney diseases like urinary infection, kidney stones		
Do You Have The Following Symptoms:			
1	Blood in Urine / Dark Coloured Urine		
2	Hazy Urine (urine not clear in appearance)		
3	Pain & frequency when passing urine		
4	Difficulty/slow in passing urine		
5	Passing stone with urine		
6	Passing urine at night (very frequently)		
7	Lower Abdomen / Back Pain		
8	Swelling of feet or around the eyes		

If you have answered "YES" to any of the above questions on Risk & Symptoms, you should seek advice from your doctor.

You, Diabetes & Your Kidneys

More than one in five Indians have diabetes. Diabetes can lead to kidney failure. In fact, almost half of all kidney failure cases are due to diabetes.

What is Diabetes?

In a healthy body, the hormone insulin turns the sugar you eat into energy.

Diabetes is when the body can't use insulin the right way. If insulin is not turning sugar into energy, the sugar stays in the blood and can hurt your kidneys. This can also hurt your heart and eyes.

Am I At Risk for Diabetes?

There are many factors that may increase your risk for diabetes. You may be more at risk if you:

- Are over 45 years old
- Are overweight
- Have a family member with diabetes
- Have high blood pressure

Talk to your doctor about your risk for diabetes and whether you should be tested.

What Does Diabetes Have to Do with Kidney Disease?

Your kidneys remove waste from your body. Diabetes affects the kidneys and impair the functioning.

If your kidneys can't do their job, waste builds up in your body. If the damage is very bad, your kidneys may stop working. If this happens, you will need dialysis or a kidney transplant in order to live. The waste products also damage heart, brain and other important organs.

How Do I Know if I Have Diabetes?

The only way to know if you have diabetes is the blood test. Your doctor can measure how much glucose (sugar) is in your blood after overnight fasting (not eating or drinking). This number should be under 100 for people without diabetes.

How Can I Stay Healthy with Diabetes?

- Keep a healthy weight
- Eat foods low in fat and salt
- Keep a healthy blood pressure
- Work with your doctor to manage diabetes

You, Your Blood Pressure & Your Kidneys

What is Blood Pressure?

Your heart pumps blood through tubes called arteries and veins. The pumped blood makes pressure inside your arteries. This is called blood pressure. When your blood pressure is checked, it tells you how hard your heart is working to pump your blood. Your blood pressure is read as two numbers. Both are important. The first number is called systolic pressure. This is when your heart is beating and your pressure is highest. The second number is called diastolic pressure. This is your blood pressure between heart beats, when your pressure is at its lowest.

What is High Blood Pressure?

High blood pressure causes your heart to work harder to pump blood. High blood pressure can be caused by many things, including kidney disease. High blood pressure can also cause chronic kidney disease and kidney failure.

How Do I Know If I Have High Blood Pressure?

High blood pressure has no symptoms or signs. You have to get it checked.

What Does Blood Pressure Have to Do with Kidney Disease?

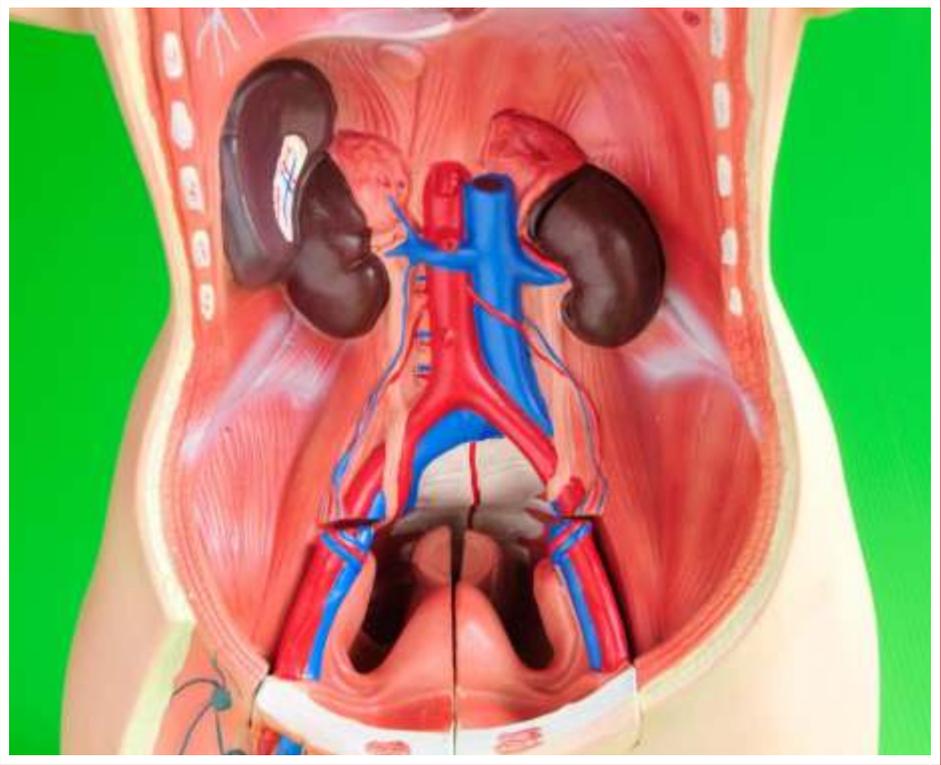
- Your kidneys and your heart work hand-in-hand.
- High blood pressure damages the kidney and kidneys slowly fail

What Happens Then?

- If your kidneys can't do it's job, waste builds up. This affects your heart, brain and other organs of the body harming them.

How Can I Stay Healthy with high BP?

- Check your pressure often, at least weekly if you have BP and once in 3 months if you do not have BP
- Keep a healthy weight
- Do not smoke and avoid or limit alcohol
- Eat foods low in salt and do not add salt to your food
- If you have BP, take the medicine as your doctor prescribes



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