

ADULT HEALTH BULLETIN



MARCH 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: KIDNEY HEALTH



March is National Kidney Month. Your kidneys, each just the size of a computer mouse, are critical for maintaining good health. The kidneys remove wastes, toxins, and excess fluid by filtering all the blood in your body every 30 minutes. They also regulate blood pressure and keep blood minerals in balance that are essential to life.

Most people do not know anything about their kidneys or how important those organs are to their health. More than one in seven U.S. adults are estimated to have chronic kidney disease (CKD). CKD is a condition in which the kidneys are damaged and cannot filter blood as well as healthy kidneys.

Continued on the back →



Physical activity helps control blood pressure and blood sugar levels.



➔ Continued from page 1

Because of this, excess fluid and waste from the blood remain in the body and that can cause other serious health problems, including heart attack or stroke. The good news is, if caught early, kidney disease can be slowed or even stopped.

Talk to your doctor about being tested if you have any of these risk factors:

- Diabetes
- High blood pressure
- Family history of CKD
- Age 60+

Symptoms of chronic kidney disease

- Swelling of the face, hands, abdomen, ankles, or feet
- Blood in the urine or foamy urine
- Puffy eyes
- Difficult or painful urination
- Increased thirst
- Fatigue

People with CKD might not feel ill or notice any symptoms. The only way to find out for sure if you have CKD is through specific blood and urine tests.

Prevent chronic kidney disease

- Keep your blood pressure below 140/90 mm Hg
- Get active — physical activity helps control blood pressure and blood sugar levels.
- If you smoke, quit. Smoking can worsen kidney disease and interfere with medication that lowers blood pressure.

To help prevent CKD and lower the risk of kidney failure, control risk factors for CKD, get tested yearly, make lifestyle changes, take medicine as instructed, and see your health care provider regularly.

RESOURCES:

- <https://www.kidney.org/content/national-kidney-month>
- <https://www.kidney.org/prevention>
- <https://www.kidney.org/atoz/content/sixstepshealthprimer>
- <https://www.cdc.gov/kidneydisease/basics.html>

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

