

UNDERSTANDING

KIDNEY HEALTH



NEWSLETTER

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World Kidney Day is observed every second Thursday in March, and this year's theme is "Kidney Health for All: Caring for People, Protecting the Planet". According to worldkidneyday.org, 1 in 10 adults suffers from **chronic kidney disease**, and by 2024, it is projected to become the **fifth leading cause of death globally**.

How often should i get checked?

Annual monitoring is critical to detect the onset of chronic kidney disease at an **early stage**.



What tests are done?

Screening for kidney failure is essential for the early detection of any kidney abnormality, even if there are no symptoms.

These tests provide information

Ways to protect your kidneys include; eating healthy foods, being **physically active**, and **managing diabetes, high blood pressure, & heart disease**.

REGULAR MONITORING FOR PEOPLE WITH RISK FACTORS.

For people with risk factors (**diabetes, high blood pressure, cardiovascular disease, etc.**) Annual monitoring is critical to detect the onset of **chronic kidney disease at an early stage**.

URINALYSIS

Analysis of creatinine levels is used to **assess renal function**. An increase in blood creatinine may indicate renal dysfunction. Looking for albuminuria or proteinuria in the blood can also reveal **renal abnormalities**.

Urinalysis can uncover various diseases, **even those that may not present noticeable symptoms**, making it a fundamental **component of routine health screenings**. You can collect urine samples at any time throughout the day.

BLOOD TESTS

Understanding your kidneys can aid in preventing or slowing kidney disease progression. Recognizing the importance of related tests is crucial.