

UNDERSTANDING YOUR KIDNEYS



NEWSLETTER

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Regardless of your age, understanding your kidneys can contribute to a healthier lifestyle and may help prevent or slow the advancement of kidney disease. It's essential to recognize that these tests are vital.

How often should i get checked?

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

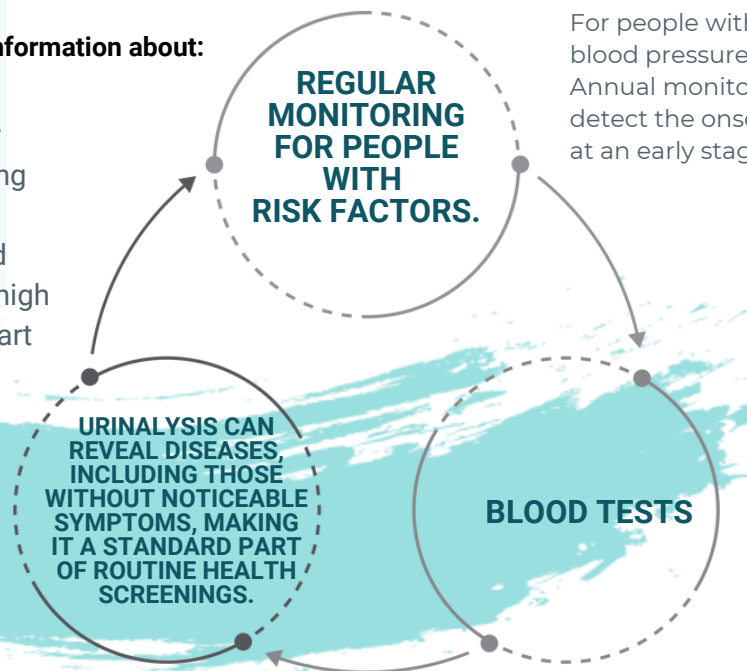
These tests provide information about:

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

What tests are done?

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

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.



The urine strip test looks for the presence of proteins, red blood cells, and white blood cells in the urine. Urine can be collected at any time during the day.

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.