

A Silent Disease: Prevention & Early Detection of CKD



According to the Centers for Disease Control (CDC) about 1 in 7 American adults have some stage of kidney disease. That's roughly 30% of the US population. Most of these cases are not diagnosed until the later, irreversible stages. Kidney damage is permanent, so we're here to help you understand how to take preventative measures to ensure your kidneys stay healthy.

Your kidneys are two bean-shaped organs. They filter extra water and waste products from your blood and keep the levels of sodium, potassium, and phosphate stable. The kidneys also make hormones that regulate blood pressure,

make red blood cells, and keep your bones strong.

When your kidneys are damaged, they can no longer filter your blood, and excess wastes can build up causing severe health problems. If you are over the age of 45 and have diabetes, high blood pressure, or both, then you are at greater risk of kidney disease.

3 things you can do to prevent CKD

- Quit smoking. Smoking can cause many health problems and is responsible for 1 out of every 5 deaths in the United States.
- Limit alcohol consumption or do not drink at all. More than 3-4 drinks per day is considered “heavy” drinking, and your kidneys have to work harder to function. If you decide to drink, limit it to no more than 1 to 2 drinks every now and then.
- Maintain a healthy lifestyle and weight by eating a healthy diet and exercising regularly. High blood pressure and diabetes are the main causes of kidney disease. Eating healthy, managing stress, and staying active can prevent health issues. (INSERT LINK TO BLOG #1 – PAGE D1)

How to detect CKD

There are two tests that can check for kidney disease: a urine test and a blood test. The urine test checks the levels of protein and albumin in your urine. The blood test measures your glomerular filtration rate (GFR), which is how well your kidneys are working to remove the wastes from your blood. Talk to your doctor about getting these tests during your next visit.

If you are age 60 or older, these tests should be a regular part of your checkups.

Dallas Renal Group also offers free screening events in the Dallas-Fort Worth metroplex. Fill out our form to be notified of upcoming events in your area.

<https://www.kidney.org/prevention>