

get to know your kidneys



March 12, 2020 is World Kidney Day!

World Kidney Day is a worldwide campaign to *raise awareness* of kidney disease and the impact our kidneys have on our overall health.

1 Kidney's are a HUGE part of our health:

- Kidneys make urine
- Removes wastes from your blood
- Controls your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help your body make red blood cells



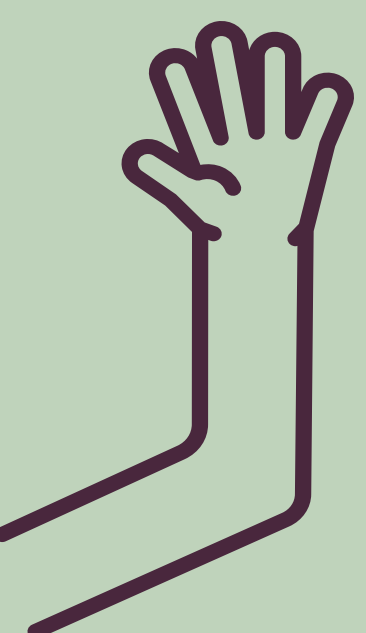
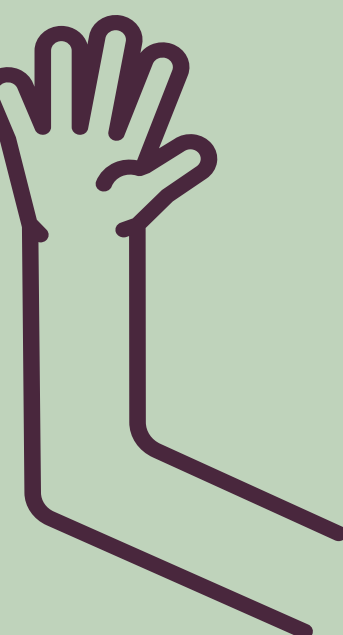
2 What Should I Know about Kidney Disease?

- A health condition in which your kidneys are damaged and can't filter wastes from your blood
- Early, chronic kidney disease has no signs or symptoms so it is important to be screened
- Untreated kidney disease can be life-threatening

3 Am I At-Risk for Kidney Disease?

- Do you have high blood pressure?
- Do you have diabetes?
- Do you have a family history of kidney disease?
- Are you overweight?
- Do you smoke?
- Are you over 50 years?
- Are you of African, Hispanic, Aboriginal or Asian origin?

If you answer YES to one or more of these questions, you should discuss screening kidney function with your doctor!



4 Why is Kidney Disease Relevant to Adults with Serious Mental Illness (SMI)?



- People who engage in behaviors such as alcohol and/or nicotine use, unhealthy diet, and physical inactivity have an increased chance to develop to diabetes, high blood pressure, and obesity in addition to CKD.
- Coping with Chronic Kidney Disease (CKD) can bring on stress and a person is more likely to develop depression or anxiety after diagnosis.
- Individuals who take multiple medications can put their kidneys in a more vulnerable state.

5 Which Tests are Used to Screen Kidney Function?



Urine Test called ACR

- ACR stands for “albumin-to-creatinine ratio” testing for a type of protein called albumin
- Having this protein in your urine could mean that your blood is not being filtered well enough by your kidneys

Blood Test to calculate your GFR

- GFR stands for "glomerular filtration rate" and is estimated using your age, race, sex and creatinine level
- Creatinine is a waste product in your blood

6 What are the 8 Golden Rules of Kidney Health?

1. *Keep fit and be active*
2. *Eat a healthy diet*
3. *Check & control your blood sugar*
4. *Check & control your blood pressure*
5. *Avoid daily use of anti-inflammatory medication*
6. *Avoid smoking*
7. *Drink 8 cups of water, daily*
8. *Get screened if you are high risk*



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