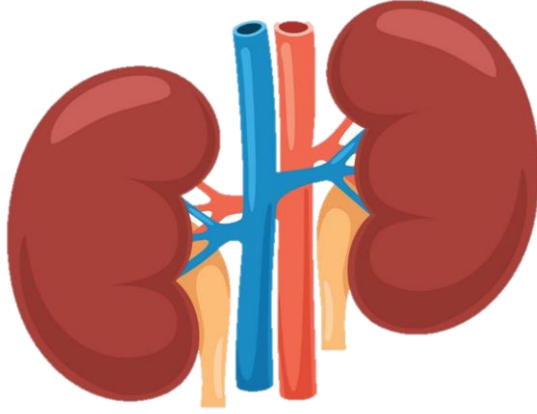




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Chronic Kidney Disease

What is Chronic Kidney Disease?

Chronic Kidney Disease also known as Kidney failure is the long term and incurable damage of the function of kidneys.

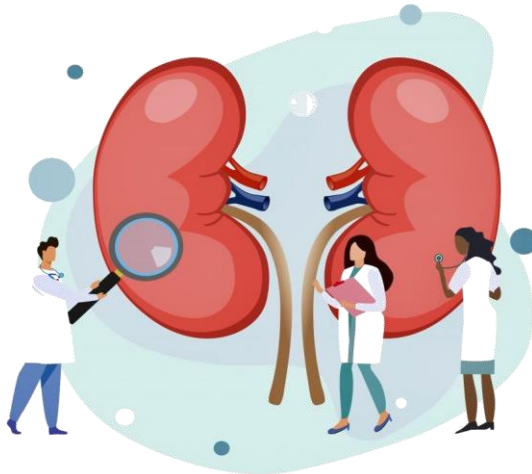
What is the function of our kidneys?

Kidneys filter wastes and excess fluids from the blood, which are eliminated in our body in the form of urine.

Common manifestations that your kidney is losing its function:

- Consistently vomiting.
- Marked loss of appetite.
- Muscle weakness and pain.

- Sleep problems.
- Decreased urine amount.
- Decreased mental ability.
- Pronounced swelling of feet.
- Prickly skin itching.
- Chest pain.
- Shortness of breath.
- Persistent high blood pressure.



Health condition that endangers kidney function:

Uncontrolled Diabetes.

High blood pressure that is difficult to control.

Untreated heart and blood vessel disease.

Excessive smoking.

Overweight.

Family history of kidney disease.

Abnormal kidney structure.

Older age.

Tests that help detect Kidney deterioration

Blood Tests

- Kidney Function Tests.



Urine Tests.

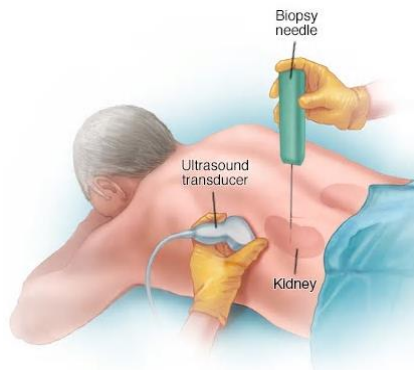
Imaging Tests

- Ultrasound to assess your kidneys.



Kidney Biopsy

- Removing a sample of kidney tissue for testing.





Kidney failure treatments

- Medication to lower blood pressure.
- Medications that control high levels of bad cholesterol.
- Medications to relieve swelling in the legs.
- Medications to protect your bones – such as calcium and vitamin D supplements to prevent weak bones and lower your risk of fracture.

Healthy tips to keep your kidneys fit



Avoid salty foods, canned and processed vegetables, meats and cheeses



Choose lower potassium foods like apples, cabbage, carrots, green beans, grapes and strawberries



Limit the amount of protein you eat:

High Protein Foods: lean meats, eggs, milk, cheese and beans

Low Protein Foods: vegetables, fruits, breads and cereals



Avoid taking too many pain relievers



Maintain a healthy weight.



Don't smoke