

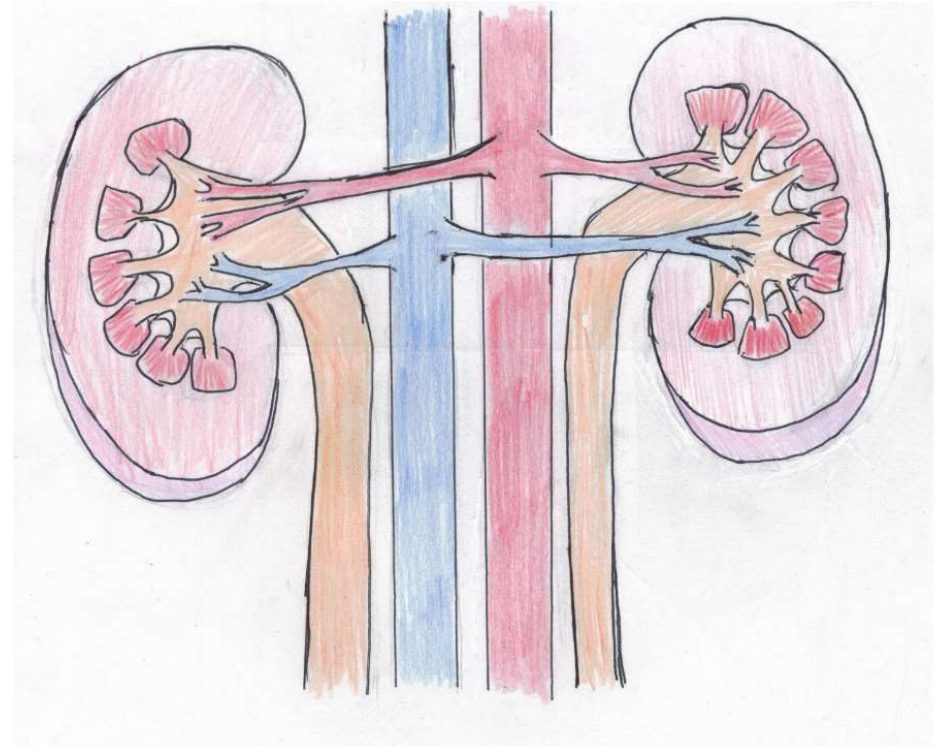
Healthy Kidneys

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Kidneys

- Usually have two
- Contain 1 million small filters to clean blood called nephrons
- Function is to filter blood and remove toxins
- Balance electrolytes and acid/base
- Controls hormones, help with red blood cell production



Type of kidney problems

- Kidney disease is silent
- Chronic (slowly develops over time and continues to worsen)
- Acute (something happens and worsens kidney function all of sudden)

- CKD affects 12.5% of population (Arora et al CMAJ 2013)
- AKI affects 6.4% of population (Wonnacott A, et al Epidemiology and outcomes in community-acquired versus hospital-acquired AKI. Clin J Am Soc Nephrol. 2014 Jun 6;9(6):1007-14)

When kidneys don't work



PERSON FEELS
WEAK



SHORTNESS OF
BREATH



LEG SWELLING



CONFUSION



LACK OF
APPETITE



ABNORMAL
HEART RHYTHM

How to find out the kidneys are not working?

- Urine may change color (frothy, blood, dark)
- Less urine output
- Urine and blood test

Scale of kidney disease (eGFR)

Estimated glomerular filtration rate 60-90 ml/min/1.73m²



45-59 ml/min/1.73m²

30-44 ml/min/1.73m²

15-29 ml/min/1.73m²

<15 ml/min/1.73m²

Most common cause of kidney failure

- Diabetes mellitus type 2
- Hypertension
- Glomerular diseases

How to protect the kidneys

Restrict sodium intake

Restrict protein intake

2 liters of water a day

No smoking

Minimize caffeine

Healthy eating

Physical activity

Vaccinations

(those with diabetes and high blood pressure, good control)

**Please respect and
protect your kidneys**

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