

National KI^{NEY} Disease Month

Chronic kidney disease (CKD) is a condition in which your kidneys become damaged and cannot filter blood. Because of this, the waste that is in your blood remains and causes other serious health problems. Nationwide, **30 million Americans** suffer with CKD, including **600,000 South Carolinians**.

WHO IS AT RISK?

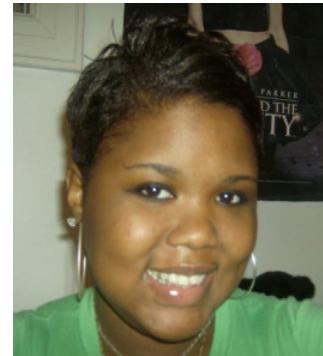
According to the National Kidney Foundation, one in three adult Americans and almost half of adult South Carolinians are at risk for kidney disease, which includes people with diabetes and high blood pressure.

African-Americans are more than four times more likely to develop kidney failure and twice as likely to die from CKD than Caucasians. Men are more than twice as likely than women to suffer kidney failure.

Jessica's Story

In 2005, as a sophomore in college, Jessica was diagnosed with CKD. Her life has not been the same. Although she was fortunate enough to finish college, she is still fighting an uphill battle.

Jessica wishes to teach and open her own business some day, but because she has been in and out of the hospital, her dream is a long ways away. She was on medications to help her kidneys remain functional, but, unfortunately, they have failed. She is now on dialysis, and her only hope now is a kidney transplant.



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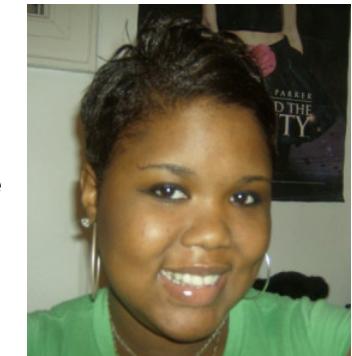
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WHAT CAN YOU DO?

The National Kidney Foundation recommends that everyone **TAKE FIVE** healthy steps to protect their kidneys.

- 1. GET TESTED** - Ask your doctor for a urine test and a blood test annually, especially if you are over age 60 or have a family history of kidney disease.
- 2. REDUCE USE OF ANTI-INFLAMMATORIES** - Many over-the-counter medications, like ibuprofen or aspirin, may ease aches and pains, but may harm your kidneys. Reduce your regular use of medications like these and never exceed the recommended dosage.
- 3. CUT PROCESSED FOODS** - Processed foods are a significant source of sodium, nitrates and phosphates, which have been linked to cancer, heart disease and kidney disease.
- 4. EXERCISE REGULARLY** - Regular exercise will keep your kidneys and your heart healthy. Being active 30 minutes or more a day will help you control your blood pressure and lower your blood sugar levels, which are vital to kidney health.
- 5. STAY WELL HYDRATED** - Drinking plenty of water and avoiding sugary beverages helps your kidneys clear sodium and other toxins from the body. Staying hydrated also helps you avoid painful kidney stones.

MORE INFORMATION

Centers for Disease Control and Prevention | www.cdc.gov/nchs

Nephcure Kidney International | www.nephcure.org

National Kidney Foundation | www.kidney.org

National Kidney Foundation of South Carolina | www.kidneysc.org



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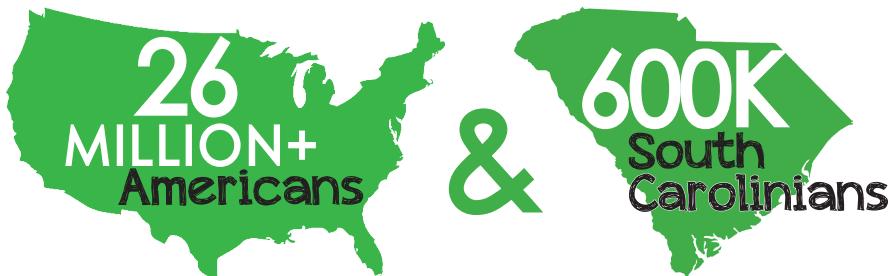
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WHO HAS CKD?



The chances of getting CKD increase with age starting at age 50 and are most common in the elderly over age 70.

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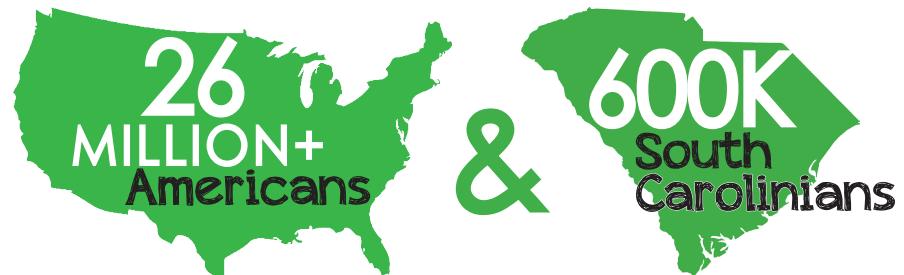
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Other risk factors include smoking, cardiovascular disease (stroke), lupus, and a family history of CKD.

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Remember...tobacco use is the single largest preventable cause of disease and death. If you smoke, quit! To get help quitting, Call 1-800-QUIT-NOW

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National Kidney Disease Education Program | www.nkdep.nih.gov
National Kidney Foundation | www.kidney.org
National Kidney Foundation of South Carolina | www.kidneysc.org



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