WORLD KIDNEY DAY 2020

FACTS ABOUT KIDNEY DISEASE

- 850 million people worldwide have some form of kidney disease
- Prevalence of CKD is higher among females than males
- High blood pressure and diabetes are the main causes of CKD
- Kidney disease can go undetected until it is very advanced

- The kidney is one of the few human organs that can be donated by an altruistic donor
- More than 82% of patients awaiting an organ transplant are in need of a kidney
- Kidney disease increases the risks associated with at least five other major serious diseases
- 13 people die each day while waiting for a life-saving kidney transplant

SIGNS OF KIDNEY FAILURE

- Feeling tired, weak, and low in energy
- Nausea and vomiting
- Itchy skin
- Low appetite
- Weight loss
- Shortness of breath
- High blood pressure
- Swollen legs

MAJOR TYPES OF KIDNEY DISEASE

- Diabetic Kidney Disease
- Polycystic kidney disease/PKD
- Hypertensive Kidney Disease
- Inflammatory Kidney Disease

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This material does not constitute medical advice. Please consult a physician for specific treatment recommendations.
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2020

TREATMENT OPTIONS ON A KIDNEY FAILURE

- Kidney Transplant
- Hemodialysis
- Peritoneal dialysis
- Conservative Care

SOCIAL ASPECTS OF KIDNEY DISEASE

- Employment
- Social Life
- Marital Relationships
- Family
- Sex and Intimacy
- Travel

PSYCHOLOGICAL ASPECTS OF KIDNEY DISEASE

- “Chaotic” behavior & thinking
  - Anxiety, despair
  - Somatic common
  - Somatic symptoms
  - Denial of reality
  - Panic attacks
  - Dissociation

- More organized behavior & thinking
  - Fragments woven into meaning
  - Illness narrative unfolds
  - Integration of ailing self
  - Social reconnection
  - Emergence of hope

GENERAL TIPS FOR KEEPING YOUR KIDNEYS HEALTHY

- Drink lots of water
- See your family doctor annually
- Exercise 3-4 times a week
- Eat healthy meals

If you already have a medical condition, always consult your healthcare team before making any changes in your lifestyle/medications.

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