

ABUAD MULTISYSTEM HOSPITAL, ADO - EKITI CELEBRATES WORLD KIDNEY DAY

World Kidney Day Facts & Quotes

- The aim is to achieve universal health coverage (UHC) for the prevention and early treatment of kidney disease. UHC is a policy under which people from all socioeconomic groups can receive top essential healthcare.
- The theme for World Kidney Day in 2020 is "Kidney Health for Everyone Everywhere."
- Smoking increases the risk of developing kidney diseases by 50%.
- The leading cause of Chronic Kidney Disease is diabetes. Diabetes results in high blood sugar levels, which causes organ damage and affects the kidneys abilities to filter waste.
- The cumulative global cost for dialysis and transplantation over the next decade is predicted to exceed US \$1 trillion.
- It is health that is real wealth and not pieces of gold and silver - Mahatma Grande

WKD Key Messages

- Kidney disease is projected to become the 5th leading cause of premature death globally by 2040.
- Crucially, the onset and progression of chronic kidney disease is often preventable through primary, secondary or tertiary interventions.
- Clinical preventative interventions include early check-ups, blood pressure and glycaemic control as well as management of co-morbidities e.g. cardiovascular disease.
- A key preventative measure is more education and awareness of the risks of kidney disease among the population, patients, professions and policy makers.
- A drastic change and improvement in national and specific policies directed towards education and awareness about kidney disease as well as CKD screening, management and treatment are needed.
- World Kidney Day calls on everyone to advocate for concrete measures in every country to promote and advance kidney disease prevention.

What is kidney disease prevention?

The term prevention refers to the following three definitions:

1. Primary prevention: this implies intervening before health effects occur to prevent the onset of kidney disease before the disease process begins.

2. Secondary prevention: this suggests the preventive measures that lead to early diagnosis and prompt treatment of kidney disease to prevent more severe problems development.
3. Tertiary prevention: this indicates managing kidney disease after it is well established in order to control disease progression and the emergence of more severe complications

A guide to understanding kidney disease

The kidneys filter blood to get rid of the waste and water the body doesn't need.

Where are my kidneys and what do they do?

Most people have two kidneys, they are located at the back of the body below the ribs. Its functions include:

- filtering the blood to make urine,
- enabling the body to get rid of waste and water it doesn't need,
- regulating the salts and minerals in the blood
- controlling your blood pressure
- keeping your bones healthy
- making red blood cells.

If the kidneys are not working properly some or all these functions may be affected to some extent.

What is CKD?

CKD means that the kidneys are not working properly. Chronic means that the condition is long term, but not necessarily serious. Many people have CKD, most of them feel quite well and only the minority develop kidney failure.

If mild CKD, adopting a healthy lifestyle is important to reduce the risk of further kidney deterioration. Treatment to prevent raised blood pressure may be recommended by your doctor.

What are the symptoms of CKD?

In the early stages of CKD, often there is no symptoms. Later, there may be some or all these symptoms at different times:

- tiredness
- lack of appetite
- sickness
- cramp in your legs
- itching
- swollen ankles
- shortness of breath

Many of these symptoms will improve when treatment is initiated.

How to find out that there is a problem with the kidneys?

The problem with the kidneys may have been discovered through one of the following ways:

- a urine test, perhaps done for work or for medical insurance
- a very high blood pressure reading
- a routine blood test done for another reason.

If your doctor finds something is wrong with the kidneys, they may do more tests. This may include:

- taking bloods
- x-rays
- ultrasound pictures
- kidney biopsy.

These tests are needed to see the exact damage to the kidneys.

Why have the kidneys failed?

You may already know why your kidneys are not working properly. If you do not know why, you can talk to your doctor or nurse about this. There are a lot of conditions that can damage the kidneys. Two of the commonest causes are diabetes and high blood pressure, also called hypertension, but often CKD is a consequence of the normal ageing process. Sometimes it is not possible to find out why your kidneys have failed. But this does not usually affect your treatment.

How to know the extent of the kidney damage?

If CKD, there will be given regular blood tests at the renal clinic. The results can be used to calculate the estimated Glomerular Filtration Rate (eGFR). This gives us a rough idea of the amount of remaining healthy kidney function provided by the kidneys. Young people with completely healthy kidney function will have an eGFR of 90% or more. However, people can remain well with much less than this.

Clients might start to experience some significant symptoms once the percentage of remaining kidney function is down to 20-30% of normal. If kidney function reaches 10-12% of normal, the kidneys are failing, and the person will need to have a specific treatment in the form of dialysis, transplantation, or conservative management.

What can be done do to slow down damage to the kidneys?

There are general things that you can do to slow down any damage to your kidneys and keep them working adequately for as long as possible. The most important

thing is to attend your medical appointments, no matter how you feel, and to keep taking any medication prescribed by your doctor. You can also help by:

- keeping good control of your blood pressure, this may mean taking medication
- keeping good control of your sugar levels if you are diabetic
- stopping smoking
- eating a healthy diet
- keeping active
- stop misusing /abusing drugs. “All drugs are potential poisons”.
- Stop misuse of herbs

World Kidney Day is part of the World Health Organization's health-related celebrations.

It was first celebrated in 2006. It is observed on the second Thursday in March each year.

Limit your consumption of over-the-counter pills such as Ibuprofen which can cause damage to your kidneys.

Stop smoking. Smoking reduces the flow of blood to the kidneys, which in turn causes them to operate inefficiently. Smoking also increases the risk of developing kidney cancer by 50%.

Drink plenty of water - 6 to 8 cups daily.

Stages of kidney disease

Healthcare specialists divide kidney disease into five stages. These stages are widely recognized around the world. The stages are determined by how much remaining kidney function you have.

Stages 1 & 2: Mild kidney disease

The percentage of remaining kidney function is 60% or more. Urine test, kidney x-ray or kidney biopsy show some signs of kidney damage.

Stage 3: Moderate kidney disease

The percentage of remaining kidney function is 59% > 30%

Stage 4: Significant kidney disease.

The percentage of remaining kidney function is 29% > 15%. Patient might start to experience symptoms and this also the time to start leaning about treatment choices for established kidney disease.

Stage 5: Established kidney disease.

It is also known as end stage kidney disease (ESKD). The percentage of remaining kidney function is 14% or less. Client is approaching the need to start your treatment choice at this stage. Your long-term outlook will be affected by your age and whether you have other medical conditions, such as heart disease or diabetes. Statistics can

give you a general indication about survival for patients with CKD, but these only give an average and do not reflect the outcome for each individual.

Wondering what will happen in the future?

Most people with mild to moderate CKD (stages 1-3) can prevent their kidneys from getting worse by adopting a healthy lifestyle and taking some medications. Your family doctor and community health services can often support you to do this. If your CKD progresses to stage 4-5 you will need to start thinking about the treatment choices available for kidney failure. These include having a kidney transplant, undergoing dialysis or conservative management.







































































