Press Release

Sleep deprivation may lead to chronic kidney disease

- The disease does not have any apparent symptoms until the later stages
- Those with underlying conditions should be careful

New Delhi, 19 September 2017: As per a recent study, those who sleep for less than 6 hours at night may be more vulnerable to chronic kidney disease (CKD). Interrupted sleep or sleep fragmentation was associated with a slightly elevated risk of developing kidney failure, the study indicated. Those with CKD also have co-occurring hypertension, obesity and diabetes, most of the times. As per the IMA, it is important to get the kidney function checked in a person who has one or more of the ‘high risk’ factors.

CKD is characterized by a gradual loss of kidney function over time and may eventually lead to kidney failure, leading patients to undergo dialysis or a kidney transplant. The signs and symptoms are not noticeable until the disease is fairly well advanced and the condition has become severe. By this time, most of the damage is irreversible.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, "Kidneys help in filtering out the excess waste and fluid material from the blood. They can eliminate most of the waste materials that our body produces. However, when the blood flow to the kidneys is affected, they cannot work properly. This can happen due to some damage or disease. Problems can occur even when the urine outflow is obstructed. At an advanced stage of CKD, dangerous levels of fluid, electrolytes, and wastes can build up in the body. Those with underlying conditions such as diabetes, high blood pressure, cardiovascular disease, abnormal kidney structure, and a family history of the disease are at more risk. Additionally, those who smoke and are obese can also be potential candidates for CKD over the longer term."

Some symptoms of CKD include nausea, vomiting, loss of appetite, fatigue and weakness, sleep problems, decreased mental sharpness, muscle twitches and cramps, edema, persistent itching, chest pain, shortness of breath, and hypertension that is difficult to control. However, these can be confused with other ailments.
Adding further, Dr Aggarwal, said, “Often, there is no cure for CKD. Treatment usually consists of measures to help control signs and symptoms, reduce complications, and slow progression of the disease. In case of a severe damage to the kidneys, a person may need treatment for end-stage kidney disease. At this point, the doctor will recommend a dialysis or kidney transplant.”

Following are the 8 golden rules that can prevent someone from kidney failure.

- Keep fit and active, it helps reduce your blood pressure and on the move for kidney health.
- Keep regular control of your blood sugar level as about half of people who have diabetes develop kidney damage.
- Monitor your blood pressure. It is also the most common cause of kidney damage. The normal blood pressure level is 120/80. Between this level and 129/89, you are considered prehypertensive and should adopt lifestyle and dietary changes.
- Eat healthy and keep your weight in check as this can help prevent diabetes, heart disease and other conditions associated with CKD. Reduce your salt intake. The recommended sodium intake is 5 to 6 grams of salt per day. In order to reduce your salt intake, try and limit the amount of processed and restaurant food.
- Maintain a healthy fluid intake. Traditional wisdom has long suggested drinking 1.5 to 2 liters (3 to 4 pints) of water per day. Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body which, in turn, results in a “significantly lower risk” of developing CKD.
- Do not smoke as it slows the flow of blood to the kidneys. Smoking also increases the risk of kidney cancer by about 50%.
- Do not take over-the-counter pills on a regular basis: drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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