How to prevent kidney diseases: IMA

Chronic kidney disease can strike any one. 17% of urban Indians suffer from kidney disease, as per latest estimates.

New Delhi, Jan 19, 2017: Diabetes and high blood pressure are the two leading causes which today account for 40–60% cases of CKD in India. Other risk factors for kidney disease include heart disease and a family history of kidney failure—a severe form of kidney disease.

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 that, “If you have these risk factors, it is important to be screened for kidney disease. That usually involves simple laboratory tests: a urine test to look for kidney damage, and a blood test to measure how well the kidneys are working. The urine test checks for a protein called albumin, which is not routinely detected when your kidneys are healthy. The blood test checks your GFR—glomerular filtration rate. GFR is an estimate of filtering ability of your kidney. A GFR below 60 is a sign of chronic kidney disease. A GFR below 15 is described as kidney failure.”

“Younger people seldom go for preventive check-ups. This results in delayed diagnosis. Without treatment, kidney disease often gets worse. If your GFR drops below 15, you may feel tired and weak, with nausea, vomiting and itching. By that point, you may need a kidney transplant or dialysis. Optimal hydration is the key to maintaining good kidney health. 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 chronic kidney disease. CKD is also associated with metabolic disorders and bone disease and is an important risk factor for peripheral vascular diseases, cardiovascular disease and stroke”, added Dr. Aggarwal.

The Golden Rules to avoid or delay reaching the point of kidney failure:

1. Keep fit and active, it helps reduce your blood pressure and on the move for kidney health.
2. Keep regular control of your blood sugar level as about half of people who have diabetes develop kidney damage.
3. Monitor your blood pressure: High blood pressure is especially likely to cause kidney damage when associated with other factors like diabetes, high cholesterol and cardiovascular diseases.
4. Eat healthy and keep your weight in check as this can help prevent diabetes, heart disease and other conditions associated with chronic kidney disease (CKD). Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon).
5. Do not smoke as it slows the flow of blood to the kidneys. Smoking also increases the risk of kidney cancer by about 50 percent.
6. 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.
7. Get the kidney function checked if you have one or more of the ‘high risk’ factors.

Source:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4446915/

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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 29 States and Union Territories. It has over 2,53,000 doctors as its members through more than 1650 active local branches spread across the country.

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