Ten golden rules for preventing chronic kidney disease

Kidney diseases are silent killers. There are several easy ways to reduce the risk of developing kidney disease.

New Delhi, March 9, 2017: Today is world Kidney Day. Kidneys play an important role in the daily workings of your body and help maintain your general health and wellbeing.

Padma Shri Awardee Dr K K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Indian Medical Association (IMA) and Dr RN Tandon – Honorary Secretary General IMA, stated that, “Common non-prescription pills like ibuprofen and naproxen (NSAID’s) can cause kidney damage if taken too regularly over a prolonged period. 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).”

“Often, your kidneys simply become affected by other medical conditions. The most important thing you can do to keep your kidneys safe is to take care of your body to reduce your chances of developing diseases that put a strain on your kidneys. 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.”, add Dr K K Aggarwal.

Following are some key points for tackling kidney diseases:

1. Keep active:

Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease. “On the move for kidney health” is a worldwide collective march involving the public, celebrities and professionals moving across a public area by walking, running and cycling.
2. **Keep fasting sugar < 80 mg%:**

   About half of people who have diabetes develop kidney damage. Kidney damage from diabetes can be reduced or prevented if detected early.

3. **Keep lower BP < 80 mm Hg:**

   High blood pressure is also the most common cause of kidney damage. High blood pressure is especially likely to cause kidney damage when associated with other factors like diabetes, high cholesterol and Cardio- Vascular Diseases.

4. **Keep your abdominal circumference < 80 cm:**

   Eat healthy and keep your weight in check. This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease. Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). Limit the amount of processed and restaurant food and do not add salt to food.

5. **Drink adequate fluids:**

   Drink 1.5 to 2 litres (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 chronic kidney disease, according to researchers in Australia and Canada. Do not advocate “aggressive fluid loading”, which can cause side effects. In addition, people who have already had a kidney stone are advised to drink 2 to 3 litres of water daily to lessen the risk of forming a new stone.

6. **Do not smoke:**

   It slows the flow of blood to the kidneys. Smoking also increases the risk of kidney cancer by about 50 percent.

7. **Do not take over-the-counter pain killers:**

   Common drugs such non-steroidal anti-inflammatory 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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