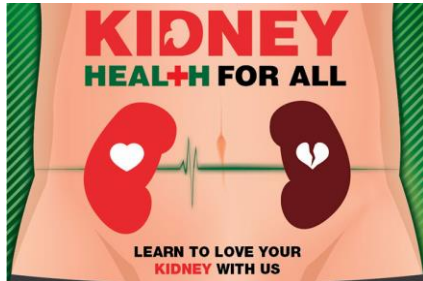


01-07 September is Kidney Awareness Week



In South Africa today, the two most common conditions that cause kidney damage — by far — are high blood pressure and uncontrolled diabetes.

Other causes are being overweight and some infections such as HIV, where starting antiretroviral treatment earlier rather than later can prevent kidney problems.

Did you know your kidneys:

- Make urine
- Remove wastes and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells

Take Care of Your Kidneys

Get Tested - Consult your doctor:

Your doctor uses the results of your **Serum Creatinine** measured in the blood to estimate your overall kidney function, or **Glomerular Filtration Rate (GFR)** and your blood sugar to be sure you do not have diabetes. A simple "dipstick" test may be used to detect excess protein in the urine.

Glomerular Filtration Rate (GFR): Your GFR tells how much total kidney function you have.

Are you at risk?

- Do you have high blood pressure?
- Do you suffer from diabetes?
- Do you have a family history of kidney disease?
- Are you overweight?
- Do you smoke?
- Are you over 50 years?

If you have answered yes to one or more of these questions, you should discuss with your doctor, you may need testing for kidney disease! Early chronic kidney disease has no sign or symptoms. You can help delay or prevent kidney failure by treating kidney disease early.

Did you know?

A person can lose up to 90% of their kidney function before experiencing any symptoms.

Golden Rules for Prevention

- Reduction of high blood pressure -the lower the blood pressure (within the normal range) , the slower the GFR decline
- Specific medications to reduce proteinuria as well as lower blood pressure – angiotensin converting enzyme inhibitors (ACE inhibitors) or angiotensin receptor blockers (ARBs)
- Reduce salt intake to lower blood pressure
- Control of glucose, blood lipids and anaemia
- Smoking cessation
- Increase of physical activity
- Control of body weight

Alan Brand

POSITIVELY ALIVE^{cc}

Employee Wellness Consultant and Specialist Trainer

Mobile: +27 (82) 453-0560

E-mail: albrand@iafrica.com

Website: www.positivelyalive.co.za