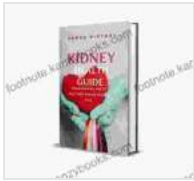


# Understanding How To Keep Your Kidneys Free From Disease



## Kidney health guide for you: Understanding how to keep your Kidneys free from disease by Onovo Victory

★★★★★ 5 out of 5

Language : English  
File size : 9067 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 79 pages  
Lending : Enabled



Your kidneys are two fist-sized organs located near your middle back. They are responsible for filtering waste products from your blood and producing urine. Kidneys are essential for maintaining your body's fluid and electrolyte balance, as well as regulating blood pressure.

Kidney disease is a serious condition that can lead to kidney failure. Kidney failure can be caused by a variety of factors, including diabetes, high blood pressure, and certain medications.

There are a number of things you can do to help prevent kidney disease, including:

- Control your blood sugar if you have diabetes.

- Control your blood pressure if you have hypertension.
- Avoid taking medications that can damage the kidneys.
- Drink plenty of fluids.
- Eat a healthy diet.
- Get regular exercise.

## **Causes of Kidney Disease**

There are a number of factors that can increase your risk of developing kidney disease, including:

- Diabetes
- High blood pressure
- Certain medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and aminoglycosides
- Kidney stones
- Polycystic kidney disease
- Glomerulonephritis
- Pyelonephritis

## **Symptoms of Kidney Disease**

The symptoms of kidney disease can vary depending on the severity of the condition. In the early stages of kidney disease, you may not have any symptoms. As the condition progresses, you may experience the following symptoms:

- Fatigue
- Nausea
- Vomiting
- Loss of appetite
- Swelling in your hands, feet, and face
- Difficulty concentrating
- Muscle cramps
- Frequent urination
- Nocturia (waking up at night to urinate)
- Protein in your urine
- Blood in your urine

## **Diagnosis of Kidney Disease**

Kidney disease is diagnosed through a blood test and a urine test. The blood test measures the levels of creatinine and urea in your blood. Creatinine is a waste product that is produced by your muscles. Urea is a waste product that is produced by your liver. The urine test measures the levels of protein and blood in your urine.

## **Treatment of Kidney Disease**

There is no cure for kidney disease. However, treatment can help to slow the progression of the condition and prevent kidney failure. Treatment options for kidney disease include:

- Medications to lower blood pressure
- Medications to lower cholesterol
- Medications to reduce protein in the urine
- Medications to prevent blood clots
- Dialysis
- Kidney transplant

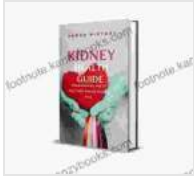
## **Prevention of Kidney Disease**

There are a number of things you can do to help prevent kidney disease, including:

- Control your blood sugar if you have diabetes.
- Control your blood pressure if you have hypertension.
- Avoid taking medications that can damage the kidneys.
- Drink plenty of fluids.
- Eat a healthy diet.
- Get regular exercise.

Kidney disease is a serious condition that can lead to kidney failure. However, there are a number of things you can do to help prevent kidney disease and keep your kidneys healthy.

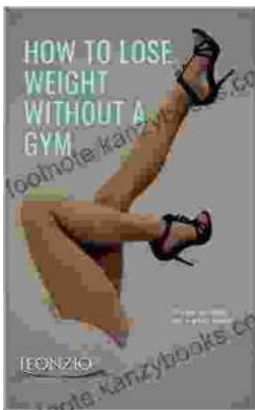
If you have any of the symptoms of kidney disease, it is important to see your doctor right away. Early diagnosis and treatment can help to slow the progression of the condition and prevent kidney failure.



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