

KIDNEY DISEASE

WHAT DO KIDNEYS DO?



Remove Body Waste



Regulate Body Minerals



Balance Body Chemicals

WHAT IS KIDNEY DISEASE?



A **chronic condition** that impairs kidney function and progresses if not treated early.

In advanced stages, **dangerous levels of fluids, electrolytes** and **waste** build up in the body.

KIDNEY DISEASE IN CAMBRIA COUNTY

For patients hospitalized primarily for diabetes:

Chronic Kidney Disease
as the secondary diagnosis:

17% vs. **18%**
Cambria Co. Pennsylvania



Acute Kidney Failure
as the secondary diagnosis:

34% vs. **21%**
Cambria Co. Pennsylvania

CAUSES & FACTORS

The **2** most common causes of kidney disease are **diabetes** and **high blood pressure**.

Other Causes & Factors:

- Heart Disease
- Older Age (60+)
- Smoking
- Obesity
- Family History
- African/Asian Heritage

SIGNS & SYMPTOMS

Early stages of kidney disease show vague or no symptoms.

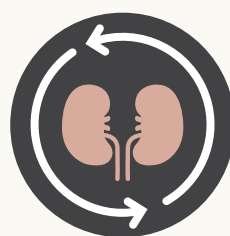
- Changes in Urination
- Persistent Itching
- Fatigue or Weakness
- Nausea & Vomiting
- Feet & Ankle Swelling
- Muscle Cramps
- Loss of Appetite
- Sleep Problems

DISEASE PREVENTION



Annual physical exams with routine blood tests are recommended. Patients with pre-diabetes, diabetes, or high blood pressure should see a doctor at least **2x year**.

DIALYSIS TREATMENT



Dialysis is needed when you lose **85-90%** kidney function

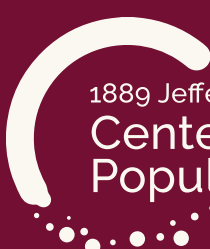
- Removes waste
- Controls blood pressure
- Balances body chemistry

IN NEED OF ASSISTANCE?

CALL

2-1-1

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