

The Facts About Chronic Kidney Disease (CKD): by Jane Doroff, RD for Satellite Healthcare Inc.

- 26 million American adults have CKD and millions of others are at increased risk.
- Early detection can help prevent the progression of kidney disease to kidney failure.
- The two main causes of chronic kidney disease are **diabetes** and **high blood pressure**, which are responsible for up to two-thirds of the cases.

Five Surprising Ways You Could Be Damaging Your Kidneys

Your kidneys work **24/7** to keep the body healthy by filtering out toxins and extra fluid and regulating blood pressure. Damage to these vital organs could be irreversible.

1. **Long term use of Non-Steroidal Anti-Inflammatory Drugs** (over-the-counter painkillers, known as NSAIDs): As many as 3% to 5% of new cases of chronic kidney failure each year may be caused by the overuse of painkillers. Long-term use, especially at high doses, has a harmful effect on kidney tissue and structures.
2. **Cigarette Smoking:** People who smoke are more likely to have protein in the urine, which is a sign of kidney damage. Smokers are also more likely to need dialysis or kidney transplants.
3. **Exposure to contrast dye commonly used in x-ray procedures such as angiograms and CT scans:** Sometimes the dye can cause serious problems in the kidneys. This is known as "contrast induced nephropathy (CIN)." CIN is a rare complication and may be

preventable but it's important to discuss any concerns you may have with your doctor before the procedure.

4. **Consuming large quantities of salt:** Diets high in sodium increase blood pressure levels. High blood pressure damages the kidneys over time, and is a leading cause of kidney failure.
5. **Drinking large amounts of cola-based soft drink beverages:** Studies have shown that drinking two or more colas a day-diet or regular-is linked to a higher risk of developing chronic kidney disease.

Kidney disease has no symptoms until much of the function is already lost. That's why engaging in healthy activities and following a healthy diet before any symptoms arise helps avoid the risk factors that are associated with chronic kidney disease such as obesity, diabetes, heart disease and high blood pressure. The Meals on Wheels program offers meals that are low in salt and meet nutritional requirements for those individuals 60 years and older.

The MOW program also offers a Renal meal option. This program (Renal MOW) was developed in partnership with Meals on Wheels and Satellite Healthcare, Inc. several years ago. Satellite Healthcare Inc. believes nutrition plays a huge role in the management of CKD by supporting patients Countywide with Renal meals for qualified individuals who have CKD.

Source: National Kidney Foundation www.kidney.org