

KIDNEY

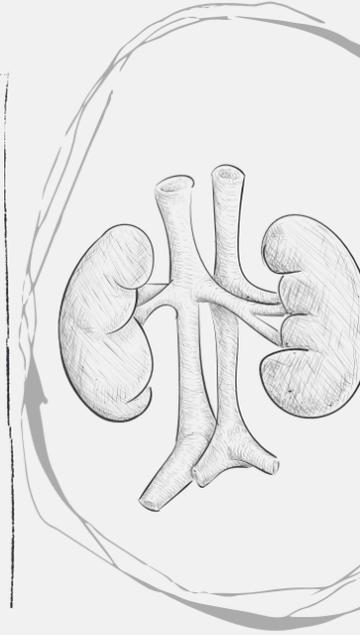
DISEASE

Chronic kidney disease (CKD) is a condition characterized by gradual loss of kidney function over time.

CKD is common in people with cardiovascular disease, diabetes mellitus, hypertension, and obesity.

STATISTICS

- According to the Centers of Disease Control and Prevention, about **37 million US adults** are estimated to have CKD, and most don't know it.
- According to the National Kidney Foundation:
 - **1 in 3** American adults are at risk for kidney disease.
 - Between 2000 and 2010, the rates of kidney failure caused by diabetes have **doubled** in Asian Americans ages 30-39.
- Hawai'i's kidney failure rate is **30% higher** than the national rate. Of the Asian Americans, Native Hawaiians, and Pacific Islanders on dialysis, 26.7% are Japanese, 24.7% are Filipino, and 17% are Native Hawaiian (Kataoka-Yahiro, et al., 2012). Dialysis is a treatment for people whose kidneys are failing.

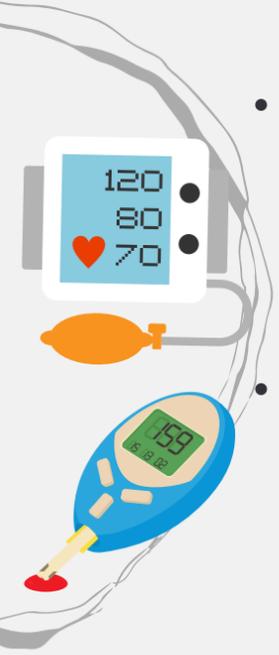


SIGNS AND SYMPTOMS

Most people don't experience severe symptoms associated with kidney disease until the disease is in its advanced stages. However, you may notice that you feel more tired and have less energy, have trouble concentrating, a poor appetite, trouble sleeping, muscle cramping at night, swollen feet and ankles, puffiness around your eyes (especially in the morning), dry and itchy skin, or need to urinate more often, especially at night.

RISK FACTORS

- Asian Americans, Native Hawaiians, and Pacific Islanders face unacceptable health disparities and inequities in medical care access.
 - Factors influencing social determinants of health (SDoH) can make it more difficult for people to live a healthy lifestyle and get the medical attention, care, and support they need.
- High blood pressure, diabetes, a family history of kidney failure, and being over 60 are major risk factors for developing kidney disease. If caught early, kidney disease can be managed.
 - Check with a physician, Community Health Center, Rural Health Clinic, or Native Hawaiian Health Center if you have concerns or are at risk of developing kidney disease.



PROTECT YOUR KIDNEYS

- **Get Tested!** Ask your doctor for an albumin-to-creatinine ratio (ACR) urine test or a glomerular filtration rate (GFR) blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Early detection and treatment can slow or prevent the progression of kidney disease.
- **Reduce your regular use of NSAIDs (non-steroidal anti-inflammatory drugs).** Do not go over the recommended dosage. NSAIDs may increase your fluid retention and can lead to decreased blood flow to the kidneys. Some examples of NSAIDs are aspirin and ibuprofen.
- **Eat Healthy.** Eat foods rich in potassium, calcium, and magnesium. These nutrients can help control blood pressure. Some examples of nutrient rich foods include banana, mango, papaya, taro, bok choy, and water spinach.
- **Exercise regularly.** Getting active for at least 30 minutes a day can control blood pressure and lower blood sugar, both vital to kidney health. Walking, dancing hula, practicing tai chi, playing cricket, or paddling are ways to stay active.
- **Control blood pressure and diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Maintain a blood pressure below 140/90 mm Hg (or the target your doctor establishes for you).



SOURCES

National Kidney Foundation: kidney.org

Centers for Disease Control and Prevention: cdc.gov/kidneydisease/index.html