

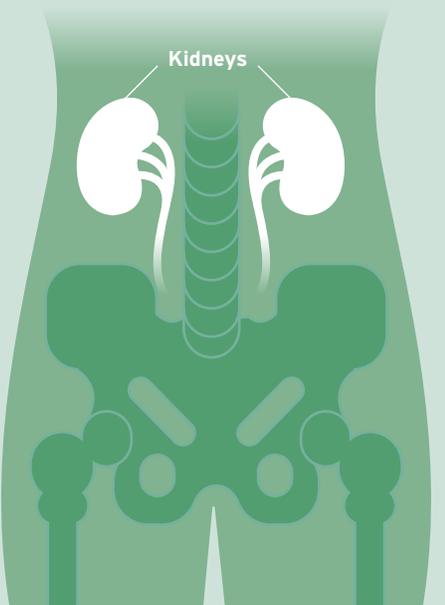
PREVENTIVE CARE

KIDNEY DISEASE: 5 THINGS YOU NEED TO KNOW

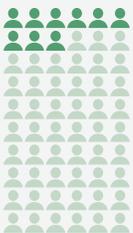
Chronic kidney disease, or CKD, is a common condition that occurs when the kidneys are injured and cannot properly filter blood. Patients do not typically present with symptoms until kidney disease has progressed to a late stage, which is why proactive screening and early detection is so important.

FUNCTIONS OF THE KIDNEYS

- The kidneys are part of the urinary system. They remove waste products and toxins from the blood and produce urine in the process.
- They maintain a healthy balance of water, salts and minerals in the body, which allow critical organs to function properly.
- They regulate blood pressure.
- They are critical in red blood production and Vitamin D activation.



1. CHRONIC KIDNEY DISEASE IS COMMON



15%
U.S. population

+30 million
U.S. adults

RISK FACTORS FOR DEVELOPING CKD:

- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Over 60 years old

2. YOUR PRIMARY CARE PHYSICIAN CAN SCREEN FOR KIDNEY DISEASE

The standard blood and urine tests given at a physical can diagnose CKD. The glomerular filtration rate (GFR) is a measure of kidney function that is calculated with a patient's creatinine level. The lower the GFR, the more severe the disease. Protein in the urine also signals kidney disease.



GFR RATES (IN ML/MIN)



3. A HEALTHY LIFESTYLE IS IMPORTANT

There are five stages of kidney disease. In the earliest stages, making healthy lifestyle changes can slow down CKD's progression. Work with your health care team to ensure you are:

- Eating healthy foods
- Exercising regularly
- Controlling BP
- Not smoking
- Staying hydrated

4. CKD MANAGEMENT

Many people are afraid of being diagnosed with CKD because they worry they'll end up on dialysis – a process that uses machines to clear the blood of toxins. But when diagnosed early, CKD can be managed, and may never progress to the point where dialysis is necessary.



5. UCLA HEALTH OPTIONS

UCLA Health provides care to patients across the entire kidney disease spectrum. We offer preventive health visits for patients who want to slow kidney disease progression; introduce and monitor home dialysis; and provide pre-emptive transplant services.

WHERE TO FIND OUR NEPHROLOGISTS

- Burbank
- Santa Clarita
- Thousand Oaks
- Westlake Village
- Porter Ranch
- Santa Monica
- Torrance
- Westwood