

National Kidney Month

It's National Kidney Month, and the NIH and Community Care Physician's suggests asking your doctor these three questions:

- 1) Have I been tested for kidney disease and how healthy are my kidneys?
- 2) How often should I get my kidneys checked?
- 3) What should I do to keep my kidneys healthy?

It is so important to bring awareness to kidney diseases because more than 9 out of 10 people who have kidney disease don't even realize they do. So, get in touch with your doctor, ask them these three questions, and in the meantime, here are some facts about your kidneys and what kidney disease is.

Kidneys

Your kidneys are so important for your body. They do some pretty important things! You have two located in your back below your ribs that are bean-shaped. Your kidneys function to transport waste from your blood, they regulate your fluid levels, activate Vitamin D for your bones to remain strong and healthy, direct production of red blood cells, regulate blood pressure, and they keep blood minerals in balance. Your kidneys filter approximately a half cup of blood every minute, making sure all waste and extra water is removed. This is what creates urine. Your kidneys also make hormones which is how they are able to regulate your blood pressure, make red blood cells, and activate Vitamin D to keep your bones strong and healthy.

Chronic Kidney Disease

Chronic Kidney Disease, also known as CKD, is very common in adults in the United States. About 30 million adults in the U.S. have CKD and 9 out of 10 people don't realize they have it. This is because your kidneys are working so hard and you have two of them, and often symptoms don't show until you have more advanced CKD.

What is CKD?

Chronic Kidney Disease is a disease in your kidneys which means they aren't functioning the way they should to filter waste out of your blood. When your kidneys aren't filtering blood, this leads to a buildup of toxins, which is what makes the disease chronic. It is important to have your kidneys checked for CKD, because if your kidneys are letting toxins buildup in your body for too long, it can lead to kidney failure.

Who is at Risk for CKD?

Those who are at a higher risk for CKD are people with diabetes, those with high blood pressure, heart disease, having a family history of kidney failure, and those over the age of 60. There is also a higher chance for CDK based on ethnicity, such as African American, Hispanic, and American Indians, because there are higher rates of diabetes and blood pressure among these groups.

Symptoms

Symptoms of CKD don't really show in the beginning stages, which is why it is important to ask your doctor those three questions (1. Have I been tested for kidney disease and how healthy are my kidneys,

2. How often should I have my kidneys checked, and 3. What should I do to keep my kidneys healthy?). Definitely talk to your doctor if you are at a higher risk for CKD.

Symptoms for advanced CKD include, chest pain, dry skin, itching or numbness, feeling tired, headaches, increased or decreased urination, loss of appetite, muscle cramps, nausea, shortness of breath, sleep problems, trouble concentrating, vomiting, weight loss, swelling of the face, hands, abdomen, ankles and feet, blood in urine or foamy urine, puffy eyes, and difficult or painful urination.

Community Care Physicians

Community Care Physicians strongly encourages you speak with your primary care physician first and foremost if you are concerned about your kidneys.

Community Care Physicians also has two convenient locations for Nephrology. Nephrology is the medical specialty which focuses on the treatment of kidney conditions and abnormalities. CCP's two locations are CapitalCare Nephrology which is located at 2125 River Road Suite 303A and can be reached at (518) 831-2500. The second is Family Practice Slingerlands, located at 1882 New Scotland Road, Suite 200. Dr. George Soryal has a specialty in Nephrology. To learn more about Community Care Physician's nephrology practices, visit [here](#).

If you'd like to know more about our Nephrology practices or are in need of a primary doctor, CCP's Concierge Care Coordinator would be more than happy to answer any questions you might have and help direct you in the right direction. Call (518) 782-3800.

Sources

<https://www.niddk.nih.gov/health-information/communication-programs/nkdep/get-involved/national-kidney-month>

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/what-is-chronic-kidney-disease>

<https://www.kidney.org/content/national-kidney-month>

<https://www.kidney.org/>

<https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>