

March 14th | World Kidney Day
Warning signs of kidney problems

THE KIDNEYS PERFORM MANY CRUCIAL TASKS THAT ARE ESSENTIAL FOR THE BODY TO FUNCTION PROPERLY. THIS IS BECAUSE THEY FILTER THE BLOOD AND ELIMINATE WASTE THROUGH URINE, AMONG OTHER THINGS.

However, it is estimated that 1.2 million people died, in 2017 alone, due to chronic kidney disease, according to the Global Burden of Disease Study. This shows how important it is to be alert when it comes to kidney health.

Here are some signs and symptoms of kidney failure:



CHANGES IN URINE: urine that is bloody, foamy, that has a very pale or very strong yellow color, and a strong odor.



LOSS OF APPETITE, FEELING NAUSEOUS OR SICK: this can happen if the toxins are not being properly filtered through the kidneys and eliminated through the urine.



BACK PAIN: pain in the lower back can be associated with kidney stones.



SWELLING: weakened kidneys may cause impaired renal excretion of sodium, which can cause swelling in the legs and ankles.



HYPERTENSION: water and sodium retention can also cause high blood pressure, in addition to the swelling.



ANEMIA: the kidneys are responsible for producing a hormone called erythropoietin, which stimulates production and maintenance of red blood cells in the bone marrow.



How to keep your kidneys healthy?

- Stay hydrated.
- Reduce salt and sugar intake.
- Have fresh food meals.
- Keep creatinine urine tests up to date.

STAY ALERT!

Kidney disease has major effect on our overall health and can lead to mortality or loss of quality of life. Take care!