

Show Your Kidneys Love



Kidneys –The Silent Heroes

Our kidney's main task is to continuously clean our blood to eliminate waste substances via the urine.

But that's not all! Our kidneys also play a role in

- ✓ controlling our body's fluid balance
- ✓ managing blood pressure
- ✓ regulating our body's energy metabolism
- ✓ creating red blood cells
- ✓ generating vitamin D

DYK

The entire amount of blood in our body is cleansed about

300
times a day!

In a nutshell, the kidneys help our bodies remain fit and full of energy, and take good care of our bones and immune system.



Chronic Kidney Disease

Chronic kidney disease is diagnosed when kidney function or protein excretion have been impaired for more than 3 months. Then, kidneys filter fewer harmful substances, produce less hormones and do not control blood pressure appropriately.

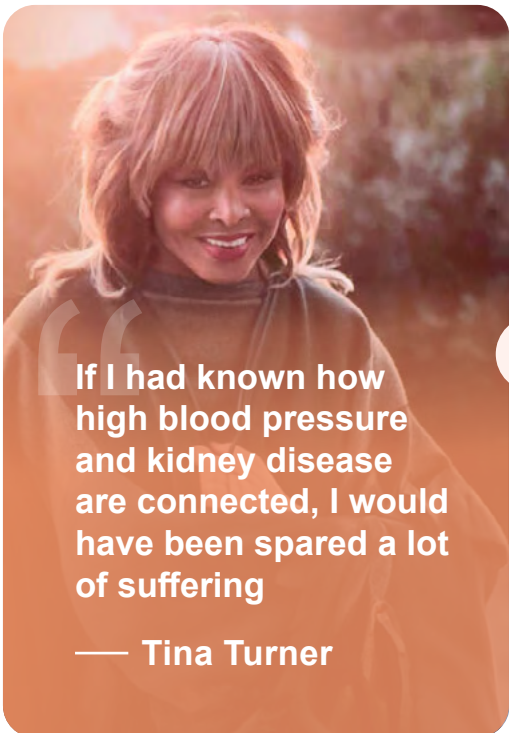
In the last stages of chronic kidney disease, dialysis or kidney transplantation are the only solutions for patients.

Tina Turner's Story

In March 2023, a few months before she passed away, Tina Turner became the ambassador of the 'Show your Kidneys Love' campaign to raise awareness about chronic kidney disease and the importance of early detection.

Hypertension killed Tina Turner's kidneys. The musician suffered from high blood pressure for many years, without realising the risks for her kidneys. After years of uncontrolled hypertension, Tina was diagnosed with chronic kidney disease. She was put on dialysis and, finally, received a kidney transplant from her husband, Erwin.

Tina Turner was not aware that she had chronic kidney disease because symptoms are unnoticeable until 80% of kidney tissue is lost; and she did not know that hypertension is one of the most frequent causes of kidney failure.



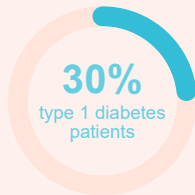
If I had known how high blood pressure and kidney disease are connected, I would have been spared a lot of suffering

— Tina Turner



Risk Factors

The main risk factors for developing chronic kidney disease are diabetes and high blood pressure:



develop chronic kidney disease within 5 to 15 years



Every second patient with heart failure also suffers from chronic kidney disease.

Other risk factors include:

- ✓ unhealthy diets
- ✓ excess weight
- ✓ tobacco

There are many other potential causes such as inflammatory processes, autoimmune diseases, and congenital diseases.



Preventing Chronic Kidney Disease

While full recovery is usually not possible, slowing down disease progression is a valid option, which is possible with early detection and treatment.

The tests for diagnosing early stages of chronic kidney disease are not complicated! A simple urine test can reveal the kidneys' state. Regularly checking kidney function is recommended for people >50 years old or suffering from hypertension, diabetes and other risk factors.

Almost as simple as washing hands: a simple urine test could prevent dialysis and transplantation !

The ABCDE profile can reveal the risk for kidney and cardiovascular diseases, and should be part of regular medical check-ups.

A for albuminuria

E for eGFR status

B for blood pressure

D for diabetes

C for cholesterol