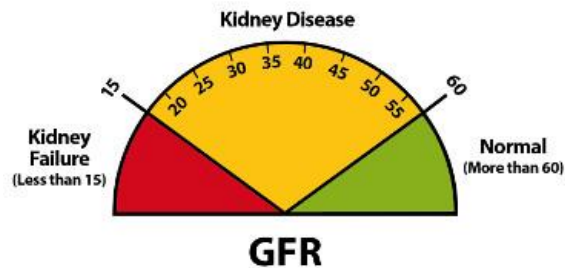


What is Chronic Kidney Disease?

When kidneys cannot filter the excess waste and water out of the blood.



What are the symptoms?

Swelling of legs, ankle, feet (Edema)
Water weight gain
High Blood Pressure. Bone damage

How can you prevent kidneys from getting worse?

Anything that is good for the heart is also good for your kidneys





Regular exercise, low salt diet, weight loss

Better control of high blood pressure

If diabetic, better control of blood sugars

Better control of cholesterol

Avoid medications that could harm your kidneys such as Ibuprofen (Advil, Motrin), Naproxen (Aleve)

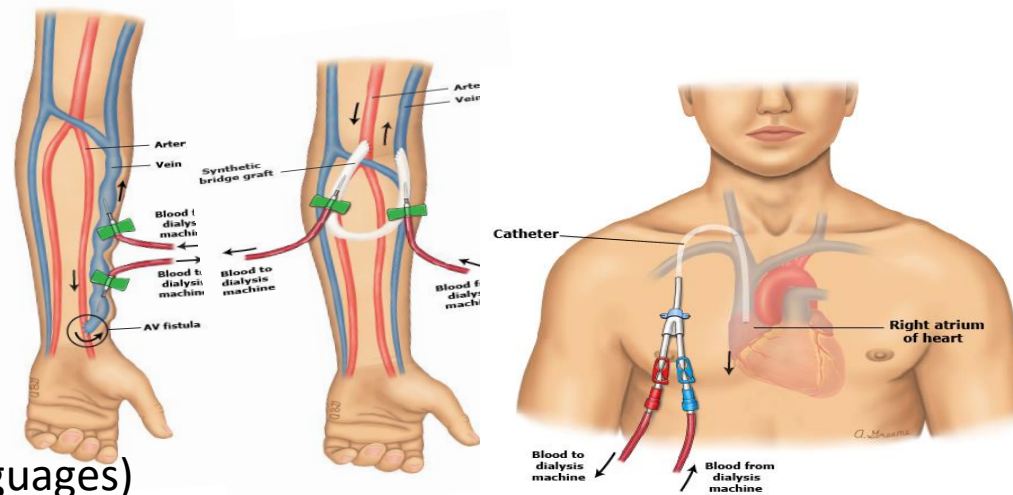
	Choose and prepare foods with less salt (sodium). Use less salt at the table.
	Select the right kinds and smaller amounts of protein.
	Choose foods that are healthy for your heart, like lean cuts of meat, skinless chicken, fish, fruits, vegetables, and beans.
	Read the Nutrition Facts Label, especially for sodium, to help you pick the right foods and drinks.

What preparations need to be done for dialysis?

Education class: Social Work/TOPS

Kidney transplant education and referral planning

Dialysis Access planning: Fistula, Graft Catheter



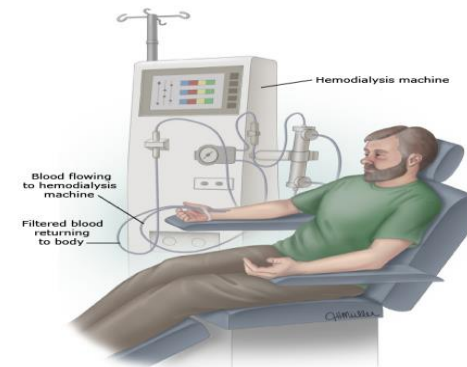
Resources/Links:

<http://www.kidneyeducation.com> (20 different languages)

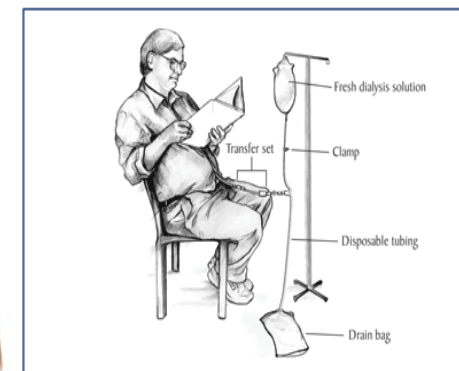
<http://www.niddk.nih.gov/health-information/health-communication-programs/nkdep/Pages/default.aspx>

<https://www.aakp.org/education.html>

Types of dialysis



Hemodialysis



Peritoneal Dialysis