MANAGING KIDNEY DISEASE THROUGH
DIET AND EXERCISE

What is Kidney Disease?

Kidney disease is the gradual decrease in your kidney's ability to function caused by conditions that damage your kidneys. This can lead to a build up of wastes in your blood that can make you feel ill. Kidney disease increases your risk of developing heart and blood vessel diseases.

Know Your Facts!

Q: What causes kidney disease?
A: Diabetes and hypertension are the cause of up to two-thirds of kidney disease cases. Glomerulonephritis, polycystic kidney disease, malformations, lupus and other diseases that affect the body’s immune system, obstructions, and repeated urinary infections can also cause kidney disease.

Q: What are the symptoms of kidney disease?
A: Symptoms include feeling more tired and having less energy, trouble concentrating, poor appetite, trouble sleeping, muscle cramping at night, swollen feet and ankles, puffiness around your eyes, especially in the morning; dry itchy skin, and needing to urinate more often, especially at night. Most people will not experience symptoms until their kidney disease is advanced.

Q: Why is kidney disease bad?
A: Kidney disease can lead to kidney failure. This is problematic because the kidneys are involved in regulating blood pressure, electrolyte balance and red blood cell production. Kidney disease can cause multiple complications such as hypertension, anemia, weak bones, poor nutritional health, and nerve damage. It can also lead to heart and blood vessel disease which are the major causes of death for people with kidney disease.

Q: How can I check if I have kidney disease?
A: There are two tests: a urine test to measure your albumin creatinine ratio (a type of protein), and a blood test

Q: Is there anything I can do to control my kidney disease aside from taking medication?
A: Yes! There are many modifiable risk factors that contribute to kidney disease. Please refer to the reverse side for lifestyle changes that can help to relieve kidney disease.

1 in 3 adults are at risk for kidney disease in the United States.

Kidney.org, 2015
Factors of Kidney Disease

There is no one, definite cause of kidney disease, but the following are known to increase risk for kidney disease:

**Modifiable Risk Factors**

- High blood pressure
- Diet high in sodium
- Overuse of NSAIDs (pain medicines)
- Exposure to contrast dyes used in diagnostic tests
- Alcohol
- Improper use of antibiotics
- Prescription laxatives

**Non-Modifiable Risk Factors**

- Family history of kidney failure
- Age (60 years or older)
- Ethnicity (African Americans, Pacific Islanders, Hispanics, Asians, and American Indians are at an increased risk)

**What Can Exercise Do For Kidney Disease?**

Exercise can help with some of the effects of kidney disease such as muscle wasting, weak bones, lower quality of health related life, and hypertension. Exercise is also a great tool for prevention because it can help manage your weight, blood pressure, cholesterol, increase muscle strength and endurance, increase energy levels, and prevent other diseases such as diabetes and heart disease. If you have kidney disease, aerobic exercise of at least 60% of your maximum capacity should be performed at least 3 times a week to improve cardiovascular health. You should start low at around 20 minutes per session and gradually increase the time and frequency of workouts per week. Progressive resistance training can increase muscle mass, bone density, and improve health related quality of life. One should resistance train 2-3 times a week, focusing on all major muscle groups of the body, with 10-12 repetitions for 3 sets each for a total of 45-60 minutes a session.