

MARCH IS KIDNEY HEALTH MONTH



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Are you at risk for kidney disease?

New recommendations promise better health outcomes for those at risk

(NC) - If you have high blood pressure, diabetes, or if you have a family member whose kidneys have failed, you are at greater risk for kidney disease. Certain ethnic groups, including First Nations peoples, are also considered to be at higher risk. National recommendations by the Canadian Society of Nephrology have recently been developed that will help to keep your kidneys healthy.

If you belong to one of the above risk groups, The Kidney Foundation of Canada encourages you to:

- Discuss your blood pressure target with your doctor who will recommend therapies and dietary and lifestyle changes to help you achieve your goal.
- Keep blood sugar as close to normal as

possible - you will minimize your chances of developing diabetic kidney disease.

- Ask your doctor about a lab test known as *estimated glomerular filtration rate* (eGFR). This test is widely seen as the most effective way to detect kidney disease in its earliest stages - when it is more treatable.
- Be sure to get tested regularly. This will help you and your doctor to monitor your kidney function which may change over time.
- Continue to manage your blood sugar and high blood pressure carefully, even if your kidneys are healthy or if your loss of kidney functions is non-progressive.

More information is available at www.kidney.on.ca

-News Canada

Did you know . . . ?

- An estimated 2 million Canadians have kidney disease, or at risk.
- Each day, an average of 14 Canadians learns that their kidneys have failed.
- In 2004, there were 30,924 Canadians on dialysis or with a kidney transplant, and this number is expected to double over the next 10 years.
- Of the 4,025 Canadians on the waiting list for a transplant (as of December 2005), 2,578 were awaiting a kidney transplant.
- Since 1964, The Kidney Foundation of Canada has awarded more than \$77 million to support kidney-related research.

-News Canada

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