

JUNE

MEN AND CHRONIC KIDNEY DISEASE



Chronic Kidney Disease (CKD) affects an estimated 30 million Americans. This is 1 out of every 7 adults.

Are you at risk for chronic kidney disease?

Diabetes, high blood pressure, heart problems increase your risk for chronic kidney disease. Ask your doctor if you need to be tested. Most men will not have symptoms in the early stages of kidney disease. The only way to know if you have kidney disease is to get a blood and urine test. As kidney disease gets worse you may have some noticeable problems. Let your doctor or healthcare provider know if you have any of these problems.

Symptoms of worsening kidney function include:

- Poor appetite
- Low energy
- Trouble sleeping
- Dry and itchy skin
- Swollen feet or ankles
- Frequent urination, especially at night
- Not thinking clearly

What steps can you take to keep your kidneys healthy? Keep your kidneys strong by leading a healthy life. This means eating a well-balanced diet, exercising regularly, and maintaining a healthy weight. A healthy life also includes managing your stress, not smoking (or quitting if you do smoke), limiting your alcohol, and getting plenty of sleep.

What role does nutrition play in kidney disease management? For men with kidney disease, it is important to work with your doctor and/or a dietitian to create a healthy eating plan. For example, too much sodium (salt) in your diet can cause fluid to build up in your body and/or increase blood pressure, which strains your heart. Everyone is different and so is your dietary plan. Ask your doctor if vitamins or supplements are safe for your kidneys before you start taking them. Remember: If you have questions, ask your doctor if a dietitian consult is right for you.

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