

SUNDAY MORNING HEALTH CORNER

Kidney Disease

What You Should Know

15% of US adults – more than 1 in 7 – are estimated to have chronic kidney disease, according to the Centers for Disease Control. This includes about 30 million people.

Less than 60 percent of adults with advanced chronic kidney disease see a kidney doctor. The timely referral to specialized kidney care services will potentially slow CKD progression and prevent other complications.

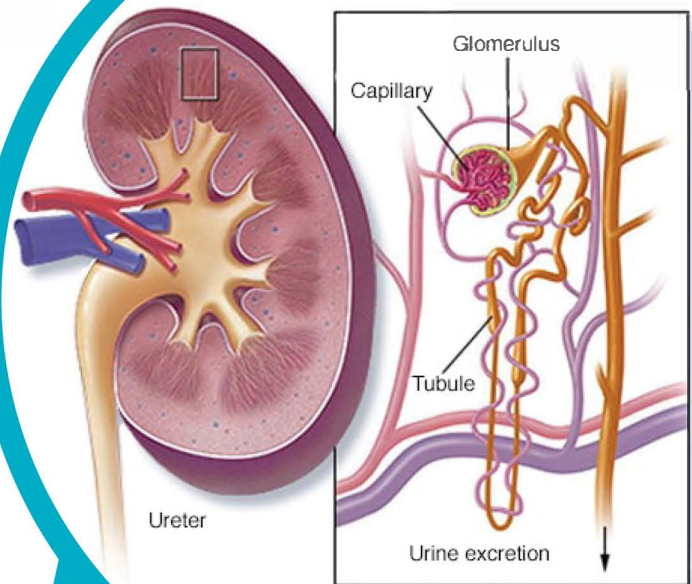
Symptoms of chronic kidney disease include itching, muscle cramps, nausea and vomiting, not feeling hungry; feet and ankle swelling; too much or too little urine, trouble catching your breath and problems falling asleep.

People with kidney disease should carefully monitor their diet and eat beneficial foods such as cauliflower, blueberries, and cabbage to name a few. Always discuss your food plan with your doctor.

Make a doctor's appointment immediately if you suspect you're having kidney problems and have experienced related symptoms.

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