KIDNEY DISEASE

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Kidneys are two organs, each with the size of your fist and shaped like beans. They are found on both sides of lower back. Its job is to filter our blood, remove waste or toxins, bad chemicals and maintain the proper level of electrolytes. Kidney disease is on number 12th most common cause of death, over 1.1 million death worldwide according to the 2015 Global Burden of Disease Study and Philippines is one having highest estimated Chronic Kidney Disease (CKD) the percentage of a population that is affected with that disease.

Anyone can get CKD. They are more at risk than any others include Diabetes, High Blood pressure, Heart Disease and those who frequently in take pain reliever because of Arthritis or uncontrolled uric acid.

According to Department of Health (DOH) we can minimize Kidney disease or stop the damage from more serious or severe stage. First, manage your blood sugar if you are diagnosed Diabetes. Due to unmanaged or uncontrolled diabetes can damage the blood vessels of the kidney and deteriorate the kidney filters. Second, regulate blood pressure. Third, follow a low-salt and low-fat diet. It also joined together with the blood sugar and salt in our body having regular exercise for at least 30 minutes on every other day of the week. Maintain a healthy weight. Quit smoking or use any kind of tobacco because cigarette smoking worsen renal damage, the treat of the sympathetic nervous system result in raising blood pressure. Avoid drinking alcohol. Alcohol strongly affect the kidney because it poison the fluid levels in our body. Our blood makes 25% fluid in the body.
Symptoms of person having Chronic Kidney Disease: Swelling of feet and other parts of the body. This is caused by the fluid that the kidney cannot excrete from the body. Prone to Anemia because kidney produce less erythropoietin that can lead to low production of red blood cells. Hyperphosphatemia or high phosphorous-phosphorous in the correct levels is important for strong bones and energy for cells. Above range level of potassium, the kidneys cannot removed excess potassium in the blood and this can cause problem in the heart. Also, CKD patients can experienced malnutrition, seizures and convulsion and weak immunity.

Be watchful and careful of what we eat, having in moderation can benefit over health and whole well-being. As God’s creation, He entrusted life to us. All we need is to take good care our body. By maintaining our kidneys healthy, it pushed out waste properly and produce important hormones to help your body function properly.

References:
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https://www.kidney.org/content/sugar-and-your-kidneys