

What you should know
about

Chronic Kidney Disease



The Kidney and Blood
Pressure Center

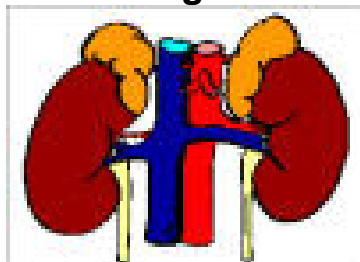
at

Tufts-New England
Medical Center

www.tufts-kidney.org

The Kidneys

Your kidneys are fist-sized organs that sit in your back just below the rib cage.



Your kidneys

- clean your blood
- remove extra fluid from your body
- control your blood pressure

Kidney Damage

The kidneys are very sensitive. They can be injured in many ways. Some of these include

- high blood pressure and diabetes
- hereditary kidney diseases
- drugs and toxins

- blockage of blood flow into the kidneys
- blockage of urine flow out of the kidneys
- infection or inflammation, either in the whole body or just in the kidneys.

Kidney Disease and Asian-Americans

Among Asian-Americans, at least two kidney diseases are more common than in other groups: these are *IgA Nephropathy* and *Systemic Lupus Erythematosus*.

However, the biggest threats to Asian-Americans' kidneys are the same as for everyone else: *high blood pressure and diabetes*.

Chronic Disease

Diseases that last for a long time are called "chronic". If your kidneys are permanently

damaged, you have chronic kidney disease.

Chronic Kidney Disease

- is not rare: 20 million Americans have it
- gets slowly worse
- can lead to kidney failure, requiring dialysis or transplant
- raises your risk of getting heart disease
- is silent: it doesn't hurt and you don't feel sick until much too late
- is detected by tests of urine and blood chemistry and by expert examination of the urine

Chronic Kidney Disease CAN BE TREATED BY

- treating the cause of the kidney damage
- excellent blood pressure control, using the right medicines
- not smoking
- the right diet and exercise

The Kidney and Blood Pressure Center

The doctors at the Tufts-New England Medical Center Kidney and Blood Pressure Center began to make major contributions to the understanding and treatment of kidney disease in 1950. In recent years, their work has helped to understand kidney function measurement, how to use diet, blood pressure control

and even exercise in the treatment of chronic kidney disease, and how best to use dialysis to treat kidney failure. They played an important role in recognizing the relationship between chronic kidney disease and heart disease. They have been instrumental in developing the concept of chronic kidney disease. The staff of the Kidney and Blood Pressure Center continue to participate actively in national studies of chronic kidney disease, and to provide international leadership in the study and treatment of kidney disease.

The Kidney and Blood Pressure Center

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