

Understanding How To Keep Your Kidneys Free From Disease

Your kidneys are two bean-shaped organs located on either side of your spine, just below your rib cage. They play a vital role in filtering waste products from your blood and producing urine. If your kidneys are not functioning properly, it can lead to a number of serious health problems.



Kidney health guide for you: Understanding how to keep your Kidneys free from disease by Onovo Victory

★★★★★ 5 out of 5

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The most common type of kidney disease is chronic kidney disease (CKD). CKD is a gradual loss of kidney function that can eventually lead to kidney failure. Kidney failure is a life-threatening condition that requires dialysis or a kidney transplant to survive.

There are a number of things you can do to help keep your kidneys healthy and prevent CKD, including:

- **Eat a healthy diet.** A healthy diet is low in sodium, saturated fat, and cholesterol. It is also high in fruits, vegetables, and whole grains.
- **Get regular exercise.** Regular exercise helps to lower blood pressure and improve kidney function.
- **Maintain a healthy weight.** Being overweight or obese increases your risk of developing CKD.
- **Don't smoke.** Smoking damages the blood vessels in your kidneys and can lead to CKD.
- **Limit alcohol intake.** Drinking too much alcohol can damage your kidneys.
- **Get regular checkups.** Your doctor can check your kidney function and screen for CKD.

If you have any of the following symptoms, you should see your doctor right away:

- Swelling in your hands, feet, or ankles
- Foamy urine
- Frequent urination
- Pain in your back or side
- Nausea and vomiting
- Loss of appetite
- Fatigue

If you are diagnosed with CKD, your doctor will work with you to develop a treatment plan that may include:

- **Medications to lower blood pressure and cholesterol**
- **A low-sodium diet**
- **Regular exercise**
- **Dialysis or a kidney transplant**

Following your doctor's treatment plan can help to slow the progression of CKD and prevent kidney failure.

Your kidneys are vital organs that play a key role in your overall health. By following the tips in this article, you can help to keep your kidneys healthy and free from disease.

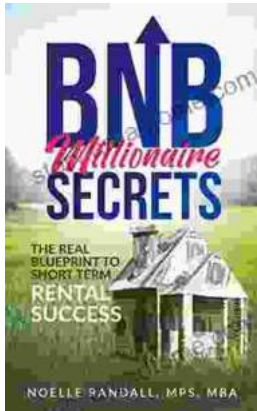


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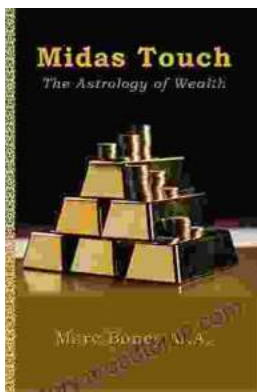
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