

- Individuals with a family history of diabetes, high blood pressure or kidney disease
- Patients with a presence of other kidney diseases

### Prevention

Preventative measures that have proven successful in protecting against both kidney and cardiovascular diseases:

- Medicines to reduce protein in the urine and protect kidneys
- Control of blood pressure
- Control of blood glucose and cholesterol
- Stop smoking
- Increased physical activity
- Control of body weight

Kidney disease is a silent killer! Signs and symptoms occur late in kidney disease. Screening tests are vital, especially if you are at high risk.

The progression of kidney disease can be slowed or stopped if detected earlier.

This is a public service provided by the National Kidney Foundation of Malaysia. All information is intended for educational purposes only. Please consult your doctor for further information.



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# Are Your Kidneys OK?



**National Kidney Foundation of Malaysia**

## What is Chronic Kidney Disease (CKD)?

- CKD is present when individuals have an increase in excretion of albumin in the urine ('protein leak') or a major decrease in kidney function.
- This may lead to complications such as high blood pressure, anaemia, heart and blood vessel disease.

## How common is Chronic Kidney Disease?

- Globally more than 500 million individuals, or about one adult in ten in general population, have some form of chronic kidney disease.

## What causes Chronic Kidney Disease?

The most common causes are:

- Diabetes
- High blood pressure
- Glomerulonephritis (Inflammatory diseases of the kidney)
- Infections
- Kidney stone disease
- Others - inherited diseases

## Signs and symptoms

Many people are unaware that their kidneys are damaged until they have done a medical examination. Kidney diseases are often 'silent'. Depending on the type of kidney disease, some individuals may experience some of the following signs and symptoms.

- Discomfort or burning sensation when passing urine
- Passing blood in the urine
- A change in the frequency of urination
- Back pain (loin)
- Frequent urination especially during the night
- Swelling of the ankles
- Persistent puffiness around the eyes, particularly in the morning

## How is Kidney Disease detected?

- Simple laboratory tests are done on small samples of blood and urine to assess kidney function and protein excretion in urine.

## What are the consequences of undetected Chronic Kidney Disease?

- The first consequence is the risk of developing progressive loss of kidney function leading to kidney failure and the need for dialysis or transplantation.
- The second consequence is the risk of premature death from cardiovascular disease.

## Who are at risk?

Screening must be high priority in individuals considered to be at high risk of kidney disease, namely:

- Patients with diabetes and high blood pressure
- Individuals who smoke or are obese
- Individuals over 50 years of age