

HOW CAN PROTEINURIA BE PREVENTED?

PEOPLE AT RISK OF DEVELOPING CHRONIC KIDNEY DISEASE NEED TO HAVE REGULAR CHECKUPS WITH THEIR DOCTOR TO DETECT AND TREAT KIDNEY DISEASE BEFORE IT WORSENS.



Reference:
Adapted and reprinted with permission from Kidney Health Australia

Kidney disease is a silent killer! Signs and symptoms occur late in kidney disease.

Screening tests are vital, especially if you at high risk. The progression of kidney disease can be slowed or stopped if detected earlier.

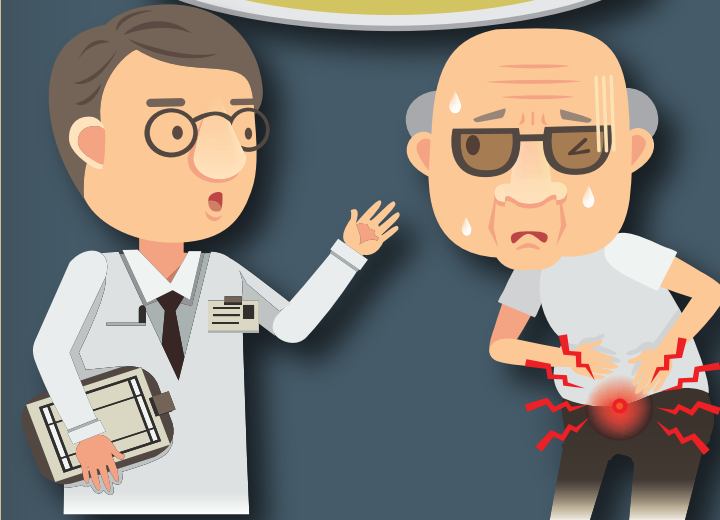
This is public service provided by the National Kidney Foundation of Malaysia in collaboration with UKM Medical Centre. All information is intended for educational purposes only. Please consult your doctor or dietitian for further information.



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PROTEINURIA

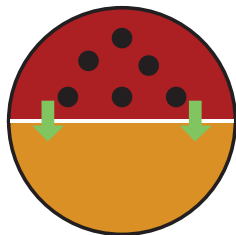


WHAT IS PROTEINURIA?

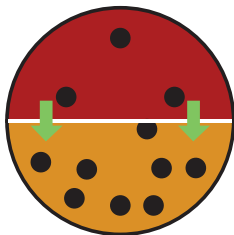
- PROTEIN IS IN OUR BLOOD
- MAIN PROTEIN IS CALLED ALBUMIN
- PROTEIN IS IMPORTANT TO:
 - HELP TO BUILD BONE AND MUSCLE
 - PREVENT INFECTION
 - CONTROL AMOUNT OF FLUID IN THE BODY

KIDNEYS & PROTEINURIA

Inside a healthy kidney



Inside a damaged kidney



■ blood ■ urine □ filter ■ albumin

- HEALTHY KIDNEYS REMOVE EXTRA FLUID AND WASTE FROM YOUR BLOOD.
- PROTEIN AND OTHER IMPORTANT NUTRIENTS ARE RETAINED AND RETURNED TO YOUR BLOOD STREAM.
- WHEN KIDNEYS ARE NOT FUNCTIONING WELL AS THEY SHOULD, THEY ALLOW SOME PROTEIN (ALBUMIN) TO ESCAPE OR LEAK THROUGH THEIR FILTERS AND IT IS RELEASED IN YOUR URINE.
- LEAKAGE OF PROTEIN INTO YOUR URINE IS CALLED PROTEINURIA OR ALBUMINURIA.
- HAVING PROTEIN IN URINE CAN BE A SIGN OF NEPHROTIC SYNDROME OR AN EARLY SIGN OF KIDNEY DISEASE.

KIDNEY DISEASE

INTENSIVE WORKOUT



STRESS



WHAT CAUSES PROTEINURIA?



FATIGUE



FEVER



DEHYDRATION

CAUSES

- CAUSES SHOWN IN THE PICTURE MIGHT BE TEMPORARY.
- YOU MIGHT BE AT HIGH RISK OF HAVING IT IF YOU HAVE ONE OR MORE OF THE RISK FACTORS FOR KIDNEY DISEASE, SUCH AS:
 - DIABETES
 - HIGH BLOOD PRESSURE
 - FAMILY HISTORY OF KIDNEY DISEASE



HOW DO I KNOW?

- AT THE BEGINNING OF KIDNEY DAMAGE, YOU MIGHT NOT NOTICE ANY SYMPTOMS.
- YOU NEED TO DO A URINE TEST TO KNOW WHETHER YOU HAVE PROTEIN LEAKAGE.
- WHEN KIDNEY DAMAGE GETS WORSE AND LARGE AMOUNTS OF PROTEIN STARTS TO LEAK, YOU MIGHT HAVE SYMPTOMS SUCH AS:



SWELLING AROUND THE EYES



FOAMY URINE FLOW



VOMITING AND NAUSEA



HYPERTENSION



SHORTNESS OF BREATH



LESS CONCENTRATION LEVEL



IF YOU ARE HAVING THESE SYMPTOMS, YOUR KIDNEY DAMAGE MAY ALREADY BE SEVERE. TALK TO YOUR HEALTH CARE PROVIDER IMMEDIATELY ABOUT WHAT MAY BE CAUSING YOUR SYMPTOMS AND WHAT TREATMENT IS BEST FOR YOU.

