

March—April 2018

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I'm really pleased to tell you that the Young Adult Worker role is now a permanent part of the renal team!! Kidney Care UK have been funding the role for the last 3 years and the NHS has now agreed to take it over. This is great news and a big thanks to Kidney Care UK for their help & support in making the role possible.

Kidneys & Women's Health

Include, Value, Empower

8 March 2018



FYI: Some of the renal and transplant clinics will be moving to the Courtyard clinic in April 2018 but there will be more information about this soon!

March 8 is World Kidney Day and this year the focus is on women's issues....

**Well I suppose it is year of the
woman!**

Pop in to the foyer of the hospital (Grosvenor Wing) and take a look at the stall some of our nurses are running.



195 MILLION WOMEN

are affected by
Chronic Kidney Disease (CKD)
worldwide



Celebrate World Kidney Day and **GET MOVING!**

On **March 9, 2017**, we invite everyone to get up and get moving to celebrate their kidneys.

"#move4kidneys" is a symbolic gesture to remember that kidneys are vital organs and that they should be taken care of. This action urges everyone around the globe, from all cultures and ages, to keep fit and active.

How to participate in the **"#move4kidneys"** initiative:

- Go for a **walk, swim, run, go play your favourite sport, walk the dog or take the stairs** – get moving!
- Take a picture of yourself in action!
- Share it on your social media accounts with the hashtag **#move4kidneys**

Be creative, keep active and involve your friends and family!

Are you kidney aware?

Looking after your kidneys

Chronic kidney disease (CKD) is when the kidneys are damaged or lose function over time. CKD affects over 3 million people in the UK but up to a million of these may be undiagnosed. There are several ways to reduce the risk of developing kidney disease. Some small changes in behaviour and lifestyle can have enormous health benefits.



- **Monitor your blood pressure** – High blood pressure accelerates kidney damage. To protect yourself you should maintain a diet low in salt and saturated fats.
- **Keep fit and active** – This helps reduce your blood pressure and reduces the risk of kidney disease.
- **Don't smoke** – Smoking slows blood flow to the kidneys, decreasing their ability to function properly.
- **Eat healthily and keep your weight in check** – This can help prevent diabetes, heart disease and other conditions associated with kidney disease. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food.
- **Get your kidney function tested** – If anyone in your family has suffered from kidney disease, you are diabetic or have high blood pressure or are severely overweight.
- **Keep well hydrated** – Helps the kidneys clear sodium, urea and toxins from the body which significantly lowers the risk of developing kidney disease. Traditional wisdom suggests drinking 1.5 to 2 litres (3 to 4 pints) of water per day. (Not dialysis patients)
- **Get advice** – If you know that you have kidney disease and become unwell e.g. with diarrhoea and vomiting, get advice from your doctor about the medications you are taking.
- **Do not take over the counter pills too regularly**— Drugs such as non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage if taken regularly. Such medications probably do not pose significant danger if your kidneys are relatively healthy and you use them for emergencies only, but if you are dealing with chronic pain, such as arthritis or back pain, work with your doctor to find a way to control your pain without putting your kidneys at risk.

Are you kidney aware?

Kidneys are essential to our health.

- They get rid of excess water and toxins
- Control the body's chemical balance
- Regulate blood pressure
- Make red blood cells
- Keep bones strong
- Kidneys filter 180 litres of blood every day
- Right now, 64,000 people in the UK are being treated for kidney failure
- 5,200 people are waiting for a kidney in the UK
- Around 3,300 transplants are carried out each year in the UK
- Acute kidney injury (AKI) is a sudden drop in kidney function due to trauma or serious illness
- Smoking slows blood flow to the kidneys and stops them working properly