

Are You At Risk For Kidney Disease?

- Do you have diabetes?
- Do you have high blood pressure?
- Did your mother, father, sister, or brother ever have kidney disease or failure?
- Has a doctor ever told you that you had protein in your urine?

If you answered "yes" to any of these questions, you are at risk for kidney disease. Now is the time to talk to your doctor or healthcare professional about getting tested. It could save your life.

Tips For Talking With Your Doctor:


Know as much as you can about your family's medical history.

Take this card with you so you don't forget what to ask.

Write down the answers you get and ask more questions if you need to.


Bring someone else with you for support and to help you remember what you learn.

You Have The Power To Prevent Kidney Disease



**MANSOOR
MEDICAL
FOR WOMEN'S HEALTH**

Kidney
Disease can
become Kidney
Failure with
little or
No warning



Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

Accuracy of the content is current to the date of printing.

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You Have the Power to Prevent Kidney Disease



DR. RAYMOND MANSOOR
B Sc, MB BS, DM (UWI), FCOG
OBSTETRICIAN & GYNAECOLOGIST

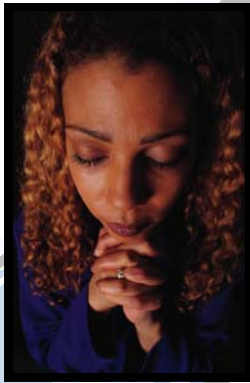
Tanner Street & Corn Alley
P.O. Box W1361
St. John's, Antigua
Tel/Fax: (268) 463 - 2232/3
info@mansoormedical.org
www.mansoormedical.org



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Kidney Disease

Kidney disease is a growing problem all over the world including the Caribbean. It affects adults of all ages and races. People with diabetes, high blood pressure, or a family member with kidney failure are more likely to develop kidney disease. Anyone, particularly those of African descent with any of these risk factors have an even greater chance of developing this disease.



Healthy kidneys filter your blood. They remove waste and extra water. They help control the amount of certain chemicals in your blood like sodium, phosphorus, and potassium. The right balance of these chemicals helps your body work well. Healthy kidneys help keep this balance.

When kidneys are diseased they stop doing these jobs. If not treated, kidney disease can lead to kidney failure. When that happens, dialysis or a kidney transplant are the only options for keeping a person alive.

Stop a Disease That Comes Without Warning

Early kidney disease is a silent problem, like high blood pressure. Kidney disease can become kidney failure with little or no warning and is usually discovered just before the kidneys fail. If you have diabetes, high blood pressure, or a family history of kidney failure, your doctor should test your blood and urine for early signs of kidney disease. You can take steps to keep your kidneys working if the tests show kidney disease.



Steps To Protect Your Kidneys

1. **Control your blood pressure & Diabetes**
2. **Test your blood and Urine for kidney disease**
3. **If the tests are positive, then you will need medication. Consult your doctor**

Did You Know?

- * Diabetes and high blood pressure are the two leading causes of kidney failure in West Indians & African Americans.
- * Many know they have diabetes or high blood pressure, but do not know that they may also have kidney disease. At least 43 percent of African Americans on dialysis did not know they had kidney failure until one week before dialysis was started. Remember the following questions below when you visit your doctor.

What To Ask Your Doctor?

- * Based on my medical and family history, am I at risk for kidney disease?
- * What is my blood pressure?
- * What is my kidney function?
- * Is there protein in my urine? (Protein in your urine shows that your kidneys are not working right.)
- * How can I prevent or control kidney disease?

