

What are the kidneys and what do they do? (4)

The kidneys are two major organs located in the lower abdomen near your back. They are about 5 inches long and about the size of a fist.



Retrieved from: <http://www.medicalnewstoday.com/articles/287650.php>

Healthy kidneys...

- remove waste from blood
- control the body's fluid balance
- Regulate the balance of electrolytes
- eliminate toxins
- create urine

Citations

- (1) Obesity. (2015, June 10). Retrieved January 27, 2016, from <http://www.mayoclinic.org/diseases-conditions/obesity/basics/prevention/con-20014834>
- (2) Nutrition and Early Kidney Disease (Stages 1–4). (2015). Retrieved January 27, 2016, from https://www.kidney.org/atoz/content/nutrikidfail_stage1-4
- (3) Obesity Increases Your Risk for Chronic Kidney Disease - Health Essentials from Cleveland Clinic. (2014). Retrieved February 04, 2016, from <http://health.clevelandclinic.org/2014/03/obesity-increases-your-risk-for-chronic-kidney-disease>
- (4) Your Kidneys and How They Work. (n.d.). Retrieved February 04, 2016, from <http://www.webmd.com/a-to-z-guides/function-kidneys>

For more information:

www.kidney.org/kidneydisease

www.nlm.nih.gov/medlineplus/kidneydisease.html

www.niddk.nih.gov

Or ask your doctor about your risk

Kidney Disease and Obesity

Did you know that chronic kidney disease often has no symptoms?

How do you know if you are suffering from chronic kidney disease?



Retrieved from: <http://www.nrimalayalee.com/wp-content/uploads/2013/05/Old-Couple-2.jpg>

Open and find out!

Why are the kidneys important? (4)

The kidneys regulate three important bodily functions:

- Removing excess fluid through urine
- Removing excess minerals through urine
- Producing hormones

Your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water every day!

Fact about kidney disease:

It is possible to lose 90% of the kidneys function before noticing any symptoms or problems!

Can being overweight or obese increase my risk for kidney disease?(3)

Yes. If you are overweight or obese, you have a greater chance of developing diabetes or high blood pressure, which are the leading causes of kidney disease and kidney failure.

How do I know if I'm overweight or obese?

The most common way is to figure out your body mass index (BMI). BMI is a quick and simple way to help identify people who are overweight or obese.

How is BMI calculated?

BMI is calculated from your height and weight. To find your BMI, multiply your weight in pounds by 704.5. Then, divide the result by your height in inches and divide that result by your height in inches a second time.

- A BMI between 25 and 29.9 is considered overweight
- A BMI of 30 or more is considered obese

How can I prevent or treat obesity?(1)

Exercise regularly

- You want 150 to 300 minutes of moderate intensity activity to prevent weight gain.
- Moderate intensity physical activities include fast walking and swimming.

Follow a healthy eating plan (2)

- Low calorie, nutrient dense foods, such as fruits, vegetables, and whole grains.
- Avoid saturated fats, sweets, and alcohol.
- Eat three regular meals a day with limited snacking.
- You can still enjoy small amounts of high fat, high calorie foods as an infrequent snack.

Monitor your weight regularly

- People who check their weight at least once a week are more successful in keeping off extra pounds.
- Monitoring your weight can tell you whether your efforts are effective.

Be Consistent

- Sticking to your healthy-weight plan during the week, on the weekends, and amidst vacation and holidays as much as possible increases your chances of long-term success.

