



## Kidney Health Explained: Early Symptoms, Risks & Prevention

Kidneys play a vital role in filtering waste, balancing fluids, and regulating blood pressure. Kidney disease often develops silently and is detected late. Nearly 10% of the global population is affected by chronic kidney disease.

### Key Functions of Kidneys

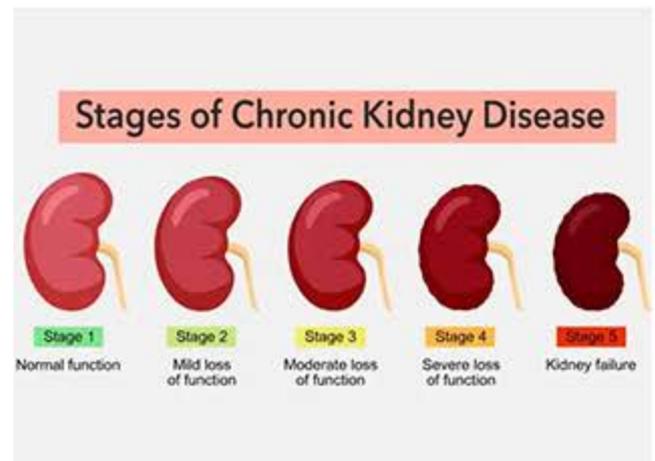
- Filter waste and toxins from blood
- Maintain fluid and electrolyte balance
- Regulate blood pressure
- Support red blood cell production
- Maintain bone and acid-base balance

### Common Kidney Diseases

- Chronic Kidney Disease (CKD)
- Acute Kidney Injury (AKI)
- Kidney Stones
- Polycystic Kidney Disease (PKD)
- Glomerulonephritis
- UTIs & Pyelonephritis
- Kidney Cancer
- Diabetic & Hypertensive Nephropathy

### Early Warning Signs

- Changes in urination
- Foamy urine
- Blood in urine
- Fatigue
- Poor concentration



### Treatment Options

- Medications
- Lifestyle modification
- Dialysis
- Kidney transplant

### Prevention Tips

- Control blood sugar & blood pressure
- Eat a balanced, kidney-friendly diet
- Avoid excessive painkillers, alcohol & smoking
- Stay hydrated
- Exercise regularly
- Regular health screening

Early detection and healthy habits can prevent or slow kidney disease. Regular check-ups protect long-term kidney health