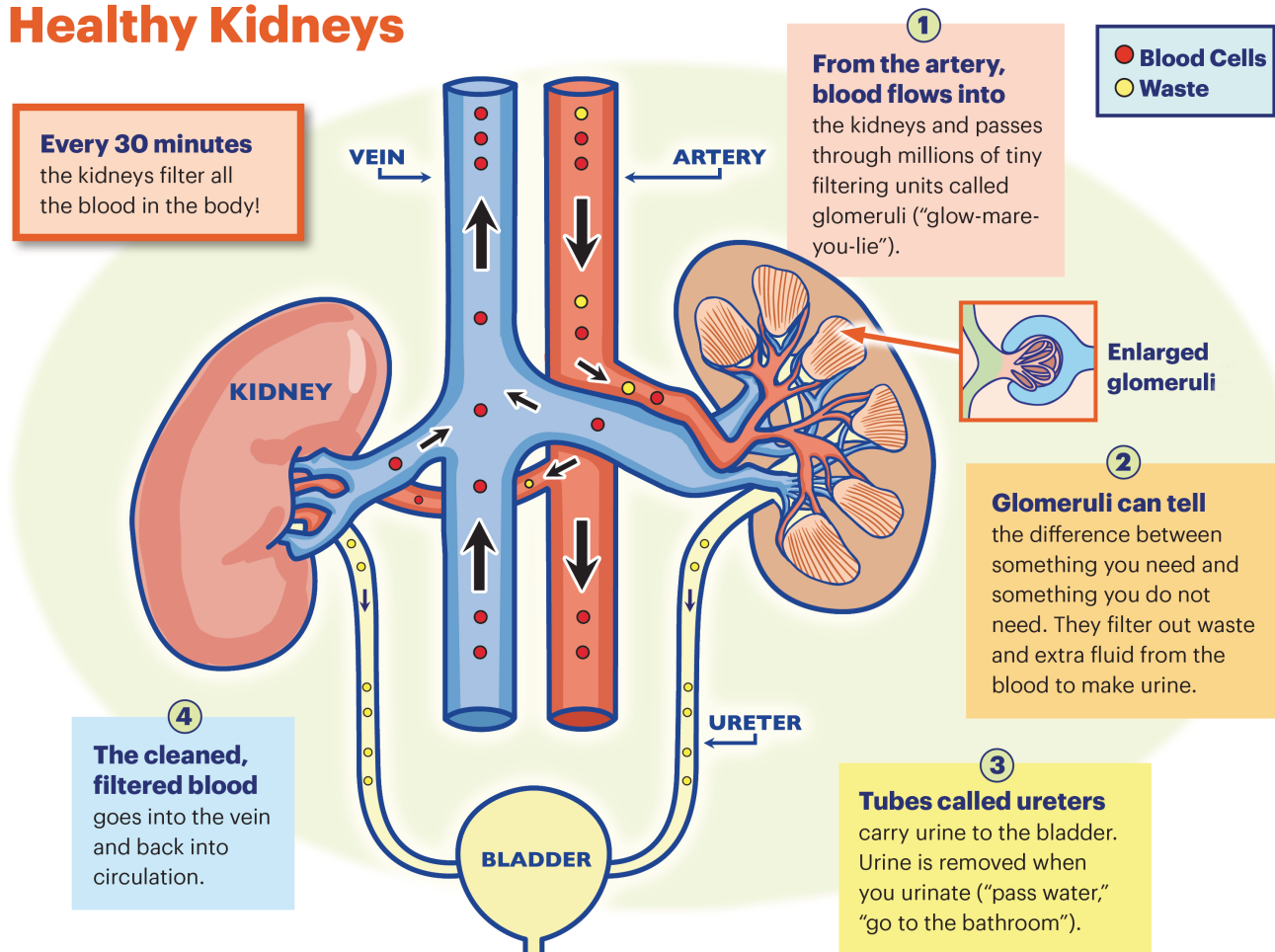


Kidney Health and Chronic Kidney Disease

The kidneys are some of the most important organs in the body, filtering the blood, making red blood cells, maintaining blood pressure, removing waste and excess fluid from the body. Chronic Kidney Disease (CKD) is a condition that affects roughly 35 million Americans, but many are not aware they have the disease. Continue reading to learn more about CKD and how to protect the health of your kidneys.

Healthy Kidneys



Chronic Kidney Disease (CKD)

A progressive disease in which the kidneys are not able to filter the blood as effectively so waste builds up

Kidney function is measured by the glomerular filtration rate (GFR), based on the amount of creatinine (a waste product) found in the blood.

5 Stages

Stage 1: GFR 90 mL/min or higher (signs of mild kidney damage)

Stage 2: GFR 60-89 mL/min (more signs of mild damage)

Stage 3a: GFR 45-59 mL/min (mild to moderate damage, you may notice symptoms at this point) *the most common stage*

Stage 3b: GFR 30-44 mL/min (moderate kidney damage, kidneys not working well; with treatment, may never advance to stage 4)

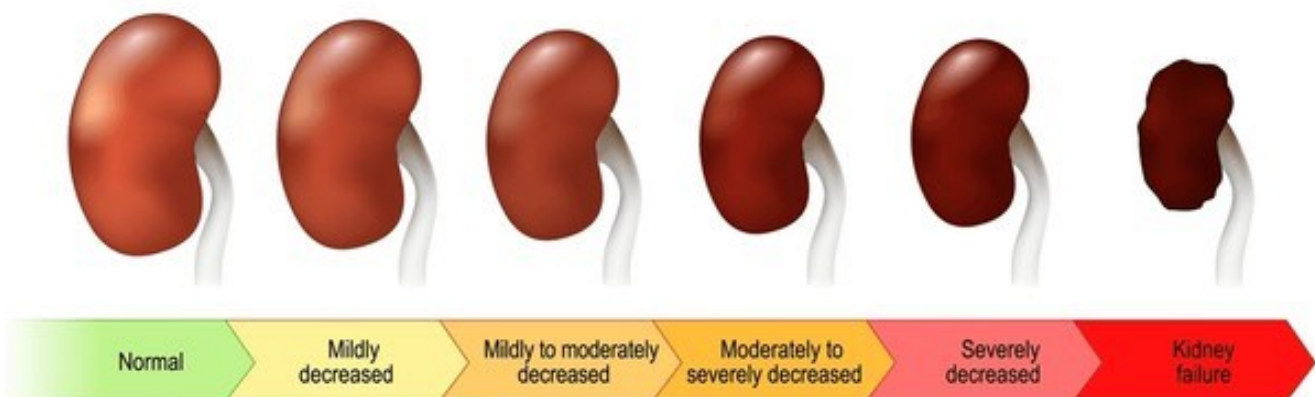
Stage 4: GFR 15-29 mL/min (poor kidney function/severe damage)

Stage 5: GFR less than 15 mL/min (kidneys close to failing or have stopped working; may need dialysis or transplant)

Symptoms:

- ⇒ low energy/tiredness
- ⇒ Loss of appetite
- ⇒ Swelling of feet, hands, ankles
- ⇒ Shortness of breath
- ⇒ Foamy or bubbly pee
- ⇒ Puffy eyes
- ⇒ Dry, itchy skin
- ⇒ Trouble sleeping
- ⇒ Numbness
- ⇒ Nausea/vomiting
- ⇒ High blood pressure
- ⇒ Muscle cramps

CHRONIC KIDNEY DISEASE



Risk Factors for Developing CKD



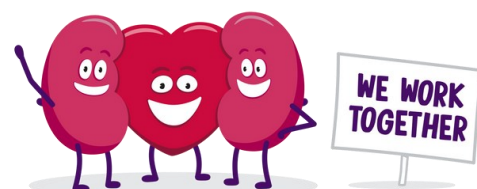
Having diabetes or high blood pressure (hypertension)

Having heart disease

Family history of kidney failure

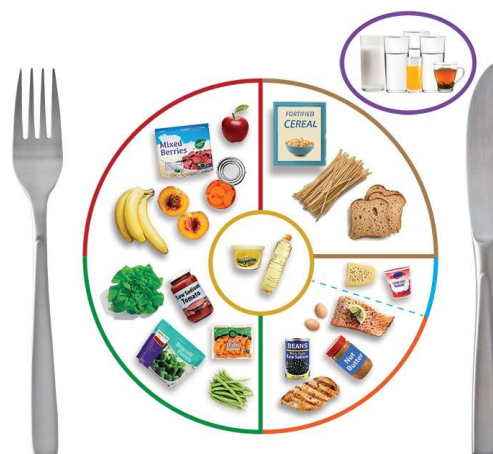


Kidney health & Heart health go hand in hand



Keeping Your Kidneys Healthy

Limit the amount of sodium you take in to less than 2300 milligrams per day (about 1 tsp table salt)



Eat a wide variety of foods, including fruits, vegetables, whole grains, dairy and lean protein

Move your body for about 30 minutes daily



Get enough sleep

Quit smoking



Streusel Stuffed Apples Serves 2



Ingredients:

2 medium baking apples
(Granny Smith, Honeycrisp,
Cortland, Gala, Fuji)

2 tbsp flour

2 tbsp brown sugar

1/4 tsp cinnamon

1/8 tsp nutmeg

1 tbsp plus 1 tsp butter

2 tsp chopped walnuts

2 tsp sweetened, dried
cranberries

Nutrition info (per apple): 272 calories,
2g protein, 48g carbohydrates,
10g fat, 65mg sodium,
238mg potassium, 41mg phosphorus

Directions:

1. Preheat oven to 375°F. Set butter out to soften.
2. Wash & dry apples. Using an apple corer or sharp knife, remove the core, leaving the bottom of the apple intact.
3. To make streusel, mix flour, sugar and spices together in a small bowl. Add butter and blend with a fork. Add chopped walnuts and cranberries.
4. Stuff mixture inside apples. Dot each apple with 1/2 tsp butter.
5. Place apples into a baking dish. Add 1/2 cup boiling water to the dish.
6. Bake for 25-30 minutes until apples are tender.

Recipe adapted from DaVita.com

Resources: <https://www.kidney.org/kidney-topics/kidney-function>

<https://www.niddk.nih.gov/health-information/health-statistics/kidney-disease>

<https://my.clevelandclinic.org/health/diseases/15096-chronic-kidney-disease>

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention>

<https://davita.com/diet-nutrition/recipes/desserts/streusel-stuffed-apples/>

**Consumer-centered access for
long-term care information,
referrals and assessments.**

**For information,
call 518-382-8481, #9, ext. 304**



NY Connects
Your Link to Long Term
Services and Supports

Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>