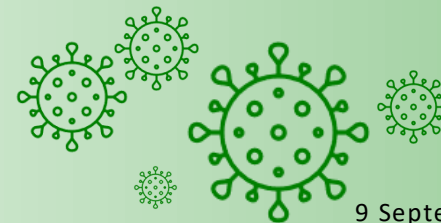




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



9 September 2022

COVID & chronic kidney disease

What is chronic kidney disease?

Chronic kidney disease (CKD) occurs when a disease damages your kidneys, meaning they cannot filter your blood properly. CKD is usually a gradual process that worsens over time. It can lead to kidney failure when you may require dialysis or a kidney transplant.

CKD is common and harmful: 1 out of 10 adults worldwide have it. We estimate around 5 million South Africans over the age of 20 may be affected.

If left untreated it can be deadly. CKD is projected to be the 5th leading cause of death by 2040.

COVID and chronic kidney disease

Some people suffering with severe cases of COVID-19 will show signs of kidney damage, even when they had no underlying kidney problems before they were infected with the coronavirus.

More than 30% of patients hospitalised with COVID-19 develop kidney injury, and more than 50% of patients in the intensive care unit with kidney injury may require dialysis.

How do I know if I have CKD?

The symptoms of CKD are largely vague and silent, and most people will only start displaying symptoms when their CKD is advanced and waste products and fluid accumulate to dangerous levels in their body.

CKD is largely caused by lifestyle diseases that are common in South Africa, like diabetes, hypertension, and obesity.

Blood and urine tests are the only way to know if you have kidney disease and should be done routinely if you have diabetes or hypertension.

How do I reduce my risk of CKD?

1. Manage your diabetes
2. Manage your hypertension
3. Eat a healthy diet low in salt and sugar
4. Exercise regularly and try to maintain a healthy weight
5. Stop smoking
6. Limit alcohol
7. Manage your stress (it is not good for your blood pressure)



Fast Facts

- Chronic kidney disease (CKD) is widespread in South Africa, and can be deadly if untreated
- Lifestyle diseases like diabetes, hypertension, and obesity can cause CKD
- Symptoms of CKD develop slowly and most people only find out they have CKD when they are very ill
- You can reduce your risk of CKD by managing your chronic illnesses and leading a healthy lifestyle

Want to find out more?

Measure your risk of kidney disease:

<https://qkidney.org/>

Causes of CKD in South Africa:

http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0256-95742015000300034

Living with CKD:

<https://www.mydynamics.co.za/condition/heart-health/chronic-kidney-disease/>

National Kidney Foundation of SA:

<https://nkf.org.za/>

Ask Dr M

Do you still have questions?

Call us on

0800 24 36 72

or WhatsApp

082 735 4472



Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination

Ventilation

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