

SAMHS INFO BULLETIN



Compiled by Corporate Communication

WORLD KIDNEY DAY 06 – 11 SEPTEMBER 2012

Kidney Awareness Week is commemorated on 6-11 September to raise awareness of the global impact and understanding of prevention, detection, treatment and care of kidney problems.

The kidneys are complicated and amazing organs that have numerous biological roles. Their primary role is to maintain the balance of bodily fluids by filtering and secreting metabolites and minerals from the blood and secreting them, along with water as urine. The kidneys control blood stream levels of many minerals and molecules including sodium and potassium, and help to control blood acidity.

Importance of Early Detection

Kidney disease can be detected early. Simple laboratory tests are done on small samples of blood and on urine. The early detection of kidney impairment is essential and allows suitable treatment before kidney damage or cardiovascular problems occur.

Screening: Screening must be a priority for those people considered to be at high risk of kidney disease,

- Patients with diabetes mellitus and hypertension
- Individuals who are obese or smoke
- Individuals over 50 years of age

- Individuals with a family history of kidney disease, diabetes mellitus or hypertension

8 Golden Rules

1. Keeping fit and active
2. Keep regular control of your blood sugar levels
3. Monitor your blood pressure
4. Eat healthy and keep your weight in check
5. Maintain a healthy fluid intake
6. Do not smoke - it can cause kidney damage
7. Do not take over the counter medication on a regular basis without consulting your doctor
8. Check your kidneys function if you have one or more of the high risk factors.

Transplantation

A kidney transplant is a surgical operation that places a healthy donor kidney in the patient's body. The transplanted kidney takes over the work of the two kidneys that failed and the patient no longer needs dialysis. During a transplant the surgeon places the new kidney in the lower abdomen and reconstructs the connections to the arteries and veins for the blood purification process. Many transplanted kidneys come from donors who have died however some come from a living donor who has a correct genetic match with the patient. The wait for a new kidney can be long and many countries have organ donation programmes to promote this life-saving act.

Approved by: D Med (SAMHS)