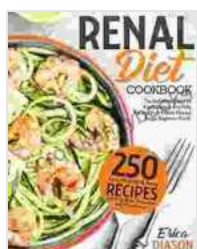


# The Definitive Guide To Avoid Dialysis And Fully Manage Your Kidney Disease

If you're one of the millions of people living with kidney disease, you know that it can be a life-changing condition. Kidney disease can lead to a number of serious health problems, including heart disease, stroke, and even death. But there is hope. With the right treatment and lifestyle changes, you can avoid dialysis and live a full and healthy life.



**Renal Diet Cookbook: The Definitive Guide To Avoid Dialysis And Fully Manage Your Kidney Disease Stage, Beginner-Proof. 250 Easy, Healthy & Tasty Recipes Low In Sodium, Potassium, And Phosphorus.** by Erica Diason

★★★★☆ 4.4 out of 5

Language : English  
File size : 31973 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 175 pages  
Lending : Enabled



## What is kidney disease?

Kidney disease is a condition that affects the kidneys' ability to function properly. The kidneys are responsible for filtering waste products from the blood and producing urine. When the kidneys are damaged, they can't filter

waste products effectively, which can lead to a build-up of toxins in the blood.

## **What are the causes of kidney disease?**

There are many different causes of kidney disease, including:

- Diabetes
- High blood pressure
- Glomerulonephritis (an inflammation of the kidneys' filtering units)
- Polycystic kidney disease (a genetic condition that causes cysts to grow on the kidneys)
- Kidney stones
- Certain medications
- Exposure to toxins

## **What are the symptoms of kidney disease?**

The symptoms of kidney disease can vary depending on the severity of the condition. Some common symptoms include:

- Swelling in the face, hands, and feet
- Foamy urine
- Frequent urination
- Nocturia (waking up at night to urinate)
- Loss of appetite

- Nausea and vomiting
- Fatigue
- Shortness of breath

### **How is kidney disease diagnosed?**

Kidney disease is diagnosed with a blood test and a urine test. The blood test measures the levels of creatinine and urea in the blood. Creatinine is a waste product that is produced by the muscles. Urea is a waste product that is produced by the liver. High levels of creatinine and urea in the blood can indicate kidney disease.

The urine test measures the levels of protein and glucose in the urine. Protein and glucose in the urine can also indicate kidney disease.

### **How is kidney disease treated?**

The treatment for kidney disease depends on the severity of the condition. Some common treatments include:

- Medications to lower blood pressure
- Medications to control blood sugar levels
- Medications to reduce inflammation
- Dialysis to remove waste products from the blood
- Kidney transplantation

### **How can I avoid dialysis?**

There are a number of things you can do to avoid dialysis, including:

- Controlling your blood pressure
- Controlling your blood sugar levels
- Eating a healthy diet
- Getting regular exercise
- Losing weight if you are overweight or obese
- Quitting smoking
- Limiting alcohol intake
- Getting regular check-ups with your doctor

## **Living with kidney disease**

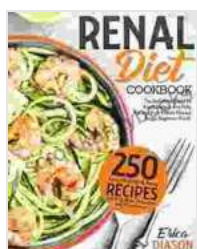
Living with kidney disease can be challenging, but it is possible to live a full and healthy life. With the right treatment and lifestyle changes, you can avoid dialysis and manage your condition effectively.

Here are some tips for living with kidney disease:

- Follow your doctor's Free Downloads carefully.
- Take your medications as prescribed.
- Eat a healthy diet.
- Get regular exercise.
- Lose weight if you are overweight or obese.
- Quit smoking.
- Limit alcohol intake.

- Get regular check-ups with your doctor.
- Join a support group for people with kidney disease.

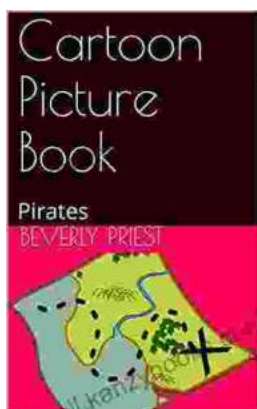
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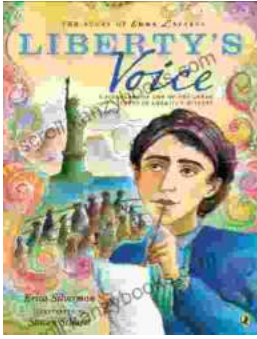
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