



Everyone talking - A life journey with your kidneys
First series 1st episode: 5 Oct 2021

Kidneys and You

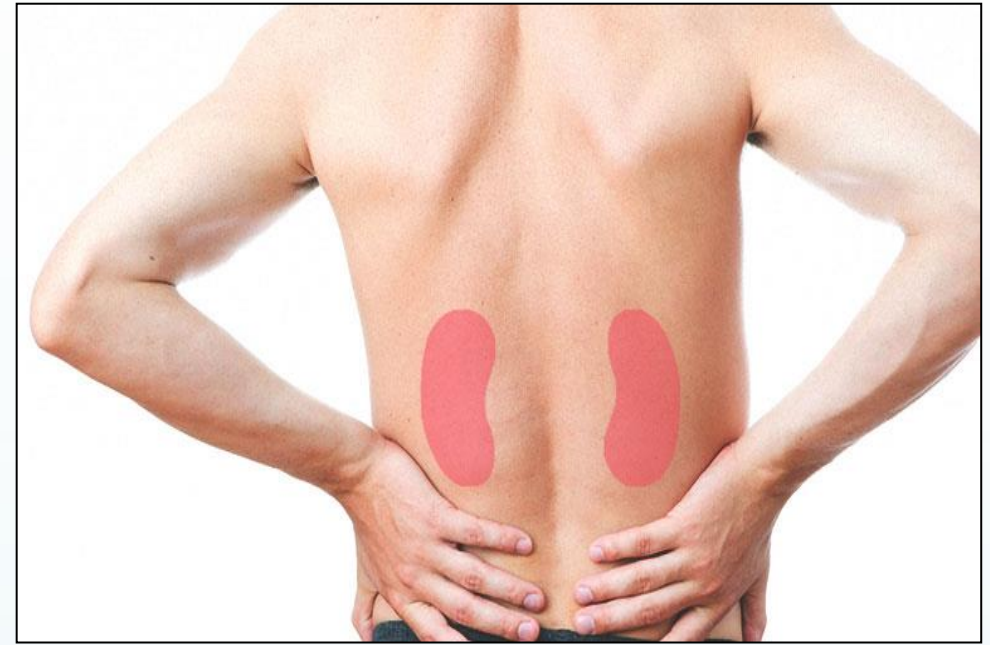
Why the kidneys may be ill ?

Dr. Sing-Leung Lui & Dr. Vincent Chow

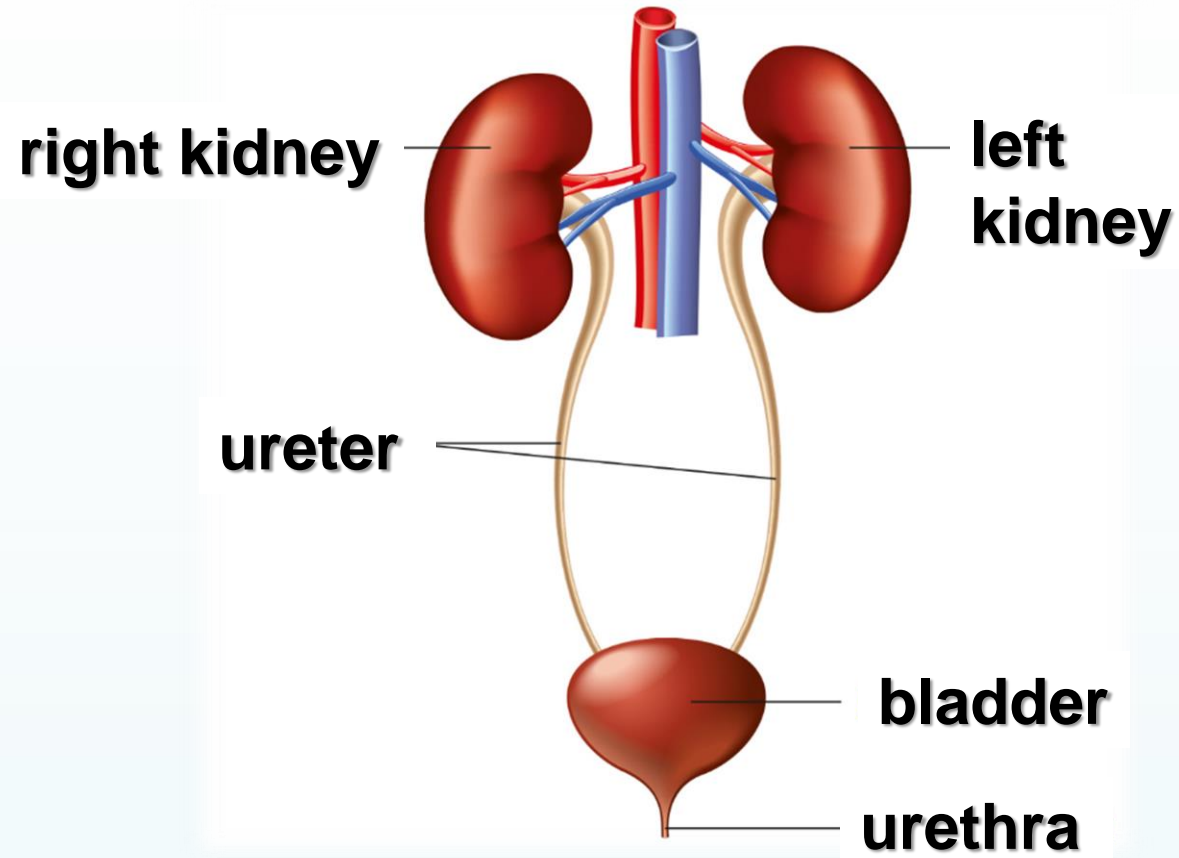
Moderators: Ms. Maggie Ng & Dr. Ka-Foon Chau



Position of the kidneys

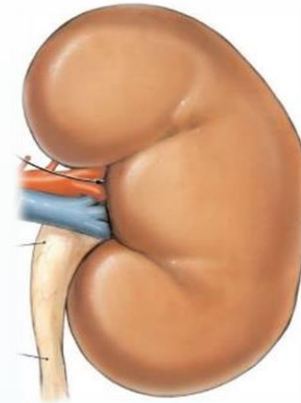


Urinary system



Structure of the kidney

- Each kidney has about one million glomeruli
- Glomerulus is the basic functional unit of the kidney



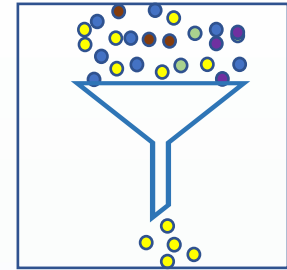
Kidney



Glomerulus

Functions of the kidney

1. Excretion of metabolic wastes



2. Maintenance of acid-base & electrolyte balance



3. Regulation of blood pressure



Functions of the kidney

4. Production of erythropoietin



5. Regulation of body fluid balance

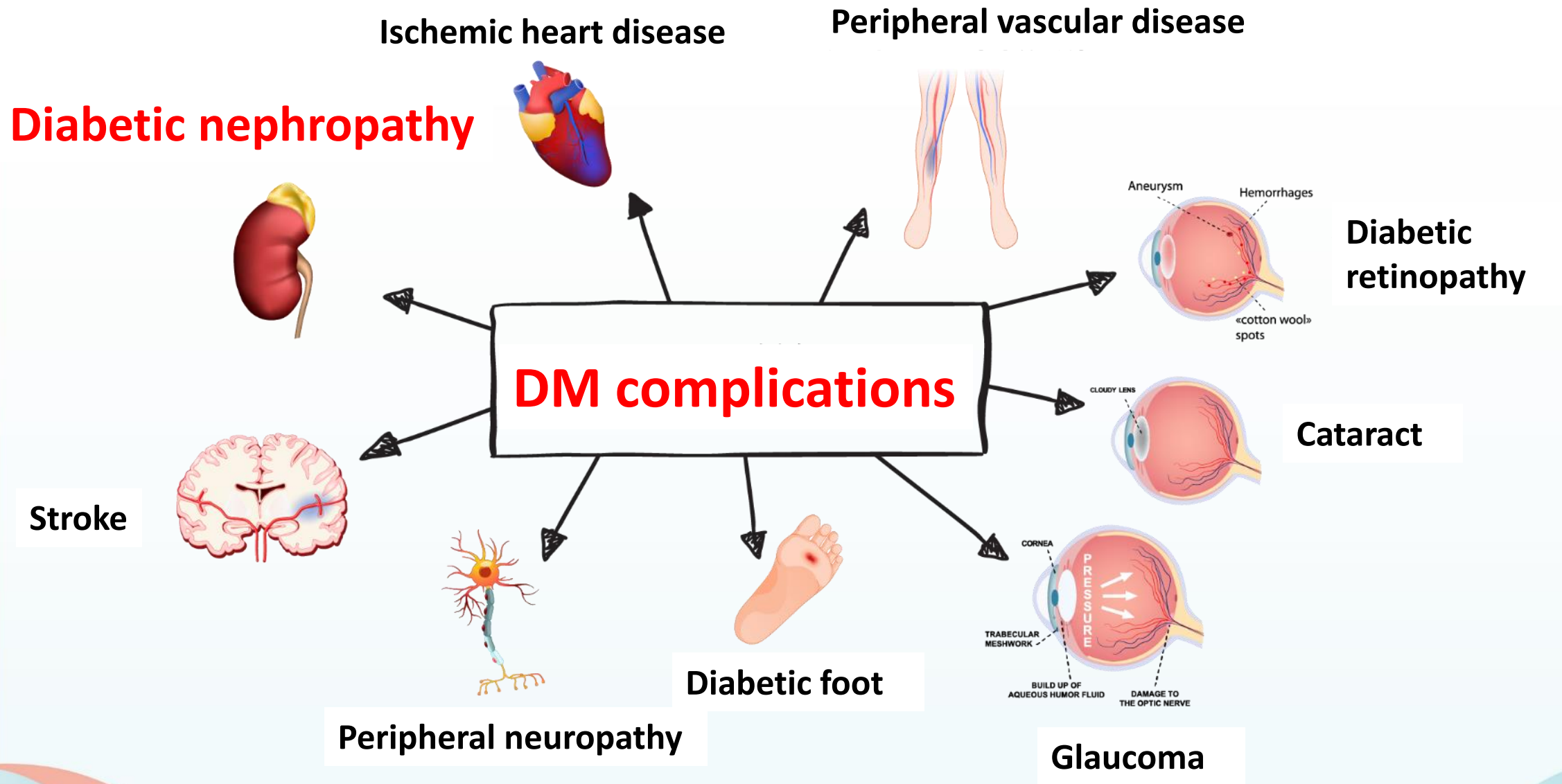


6. Maintenance of bone health



Major causes of kidney disease

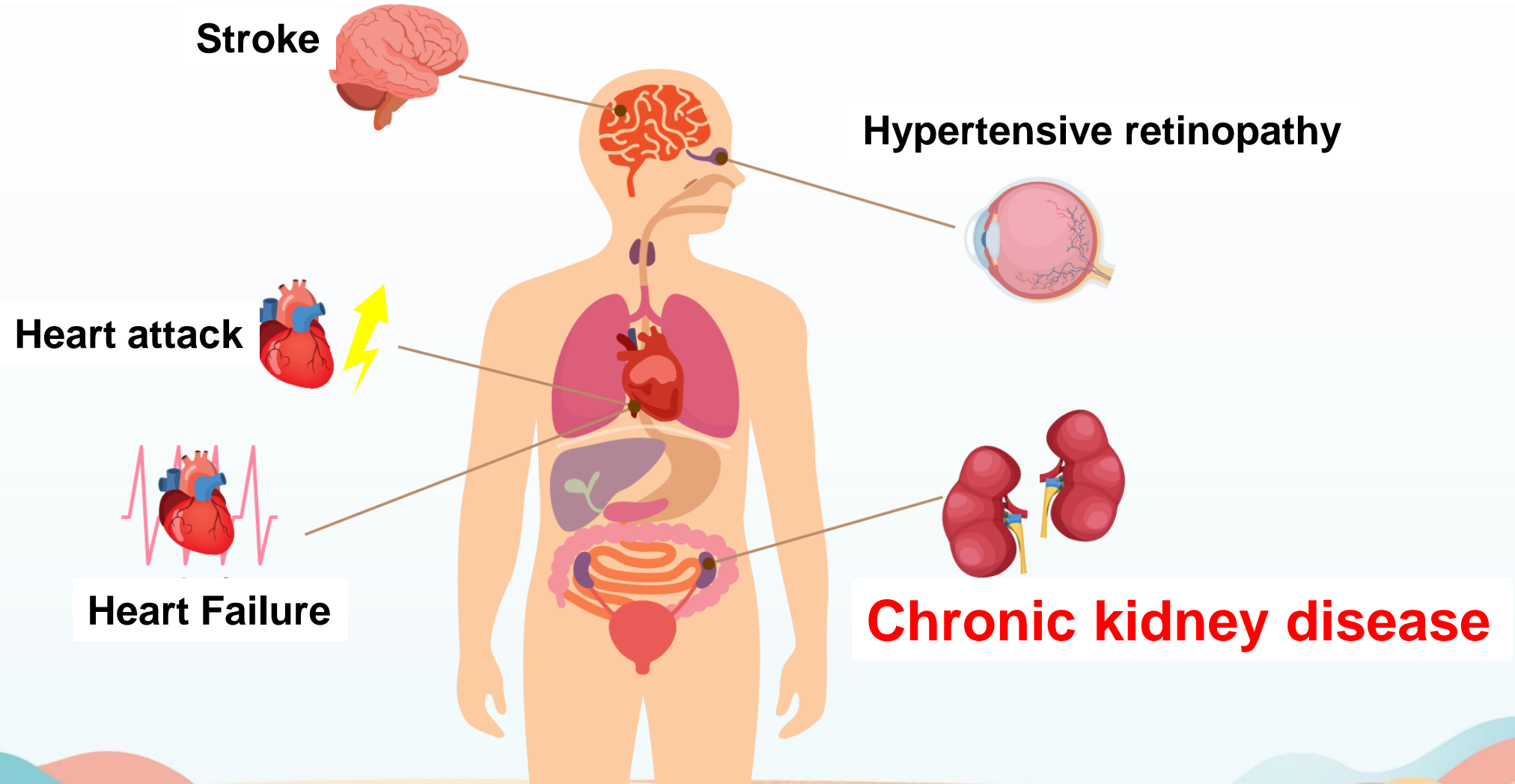
- Diabetes mellitus
- Hypertension
- Glomerulonephritis
- Others e.g. Polycystic kidney disease
Kidney stones



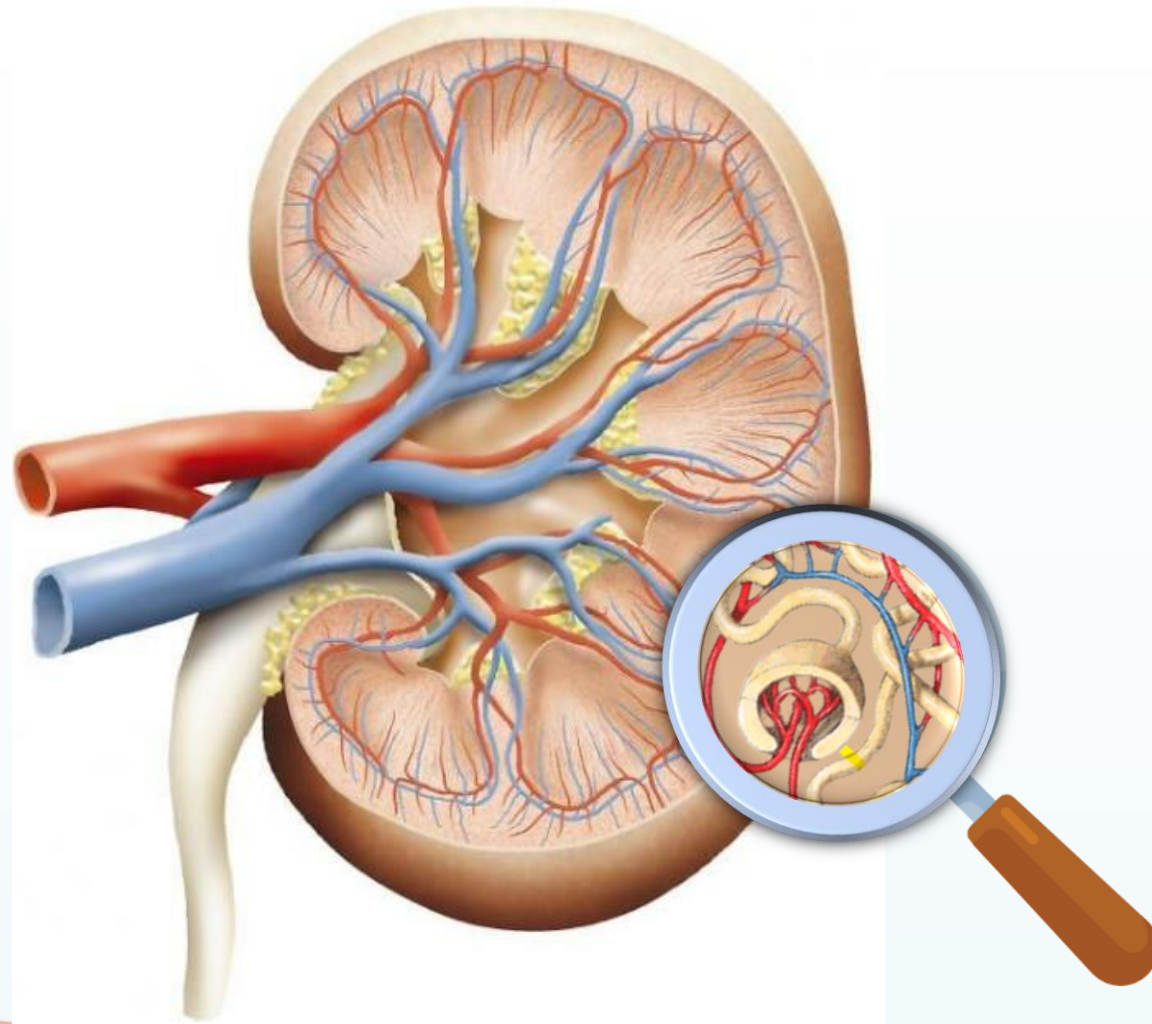
Diabetic kidney disease

- Diabetic kidney disease is currently the commonest cause of end stage kidney disease
- 52% of the patients with end stage kidney disease starting on dialysis in the Hong Kong Hospital Authority in 2020 have underlying diabetic kidney disease

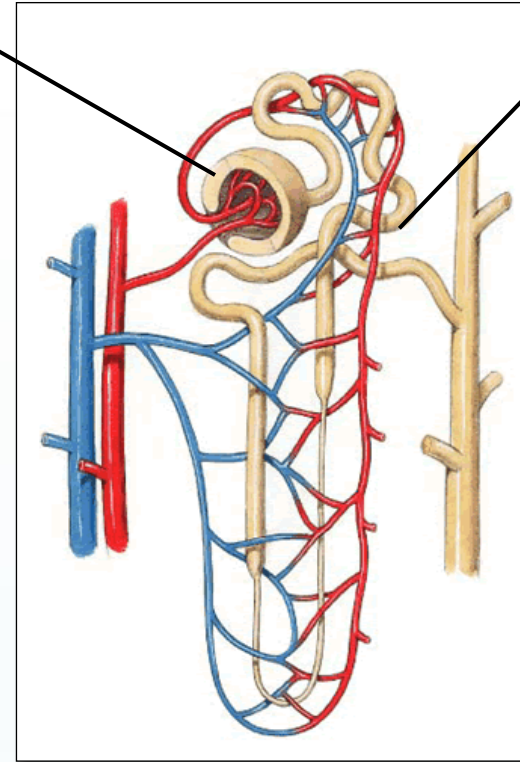
Complications of hypertension



GLOMERULONEPHRITIS



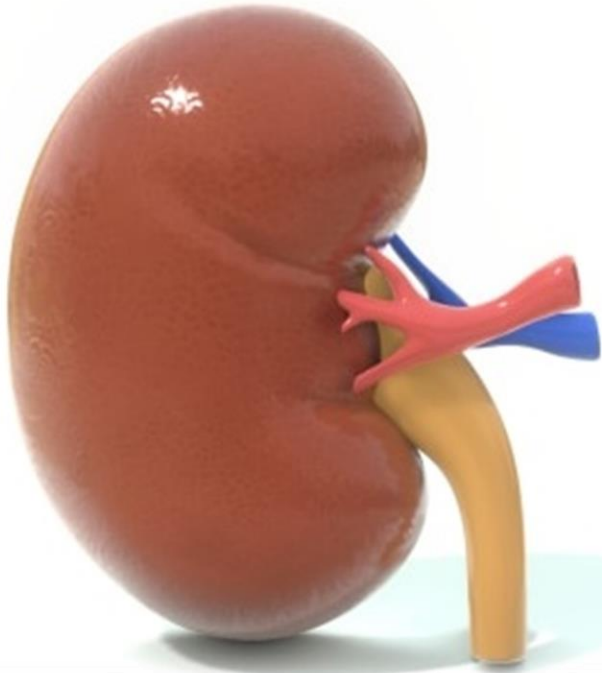
Glomerulus



Renal tubule



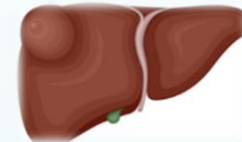
Normal Kidney



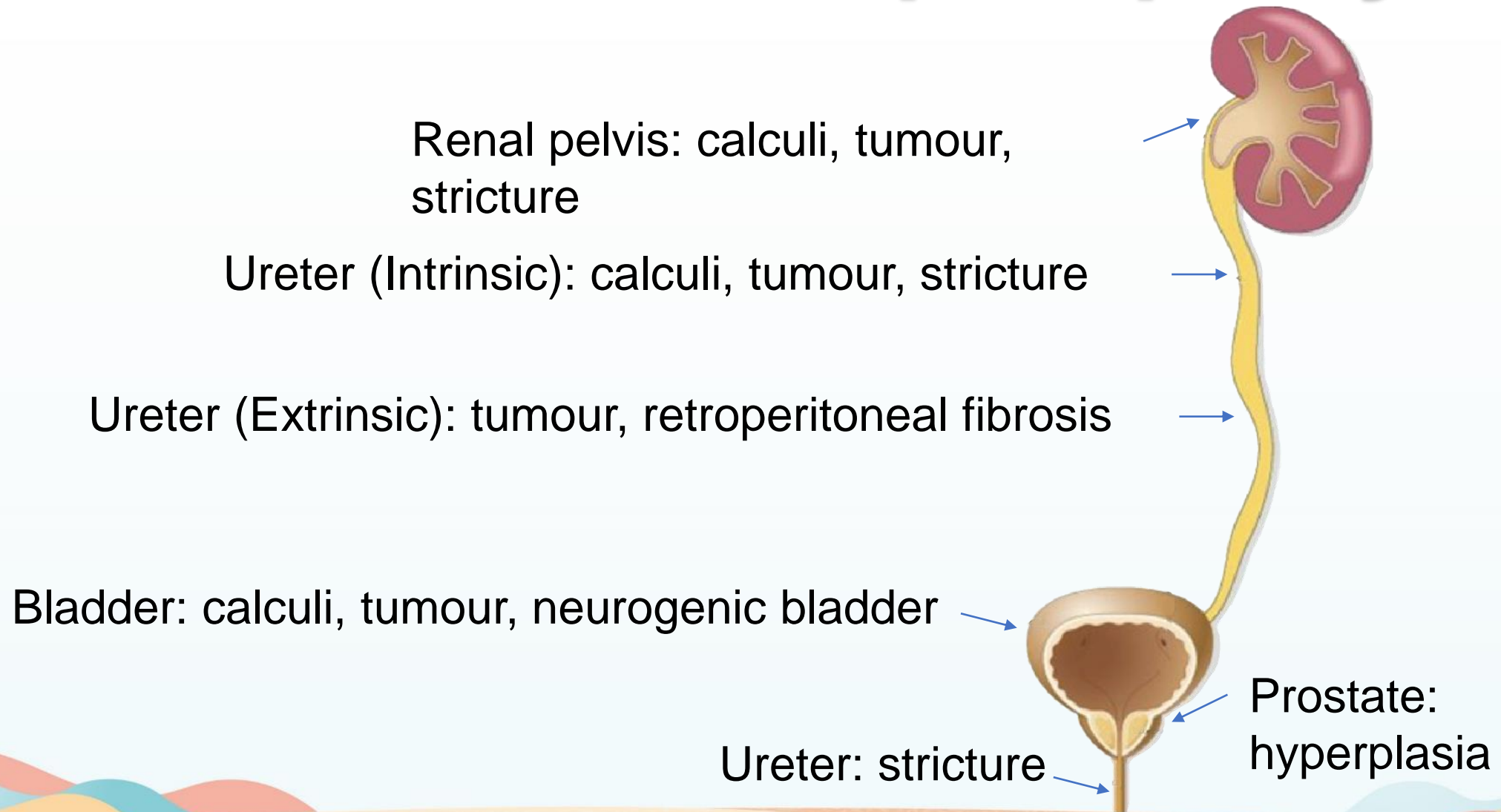
Polycystic Kidney Disease



Cyst

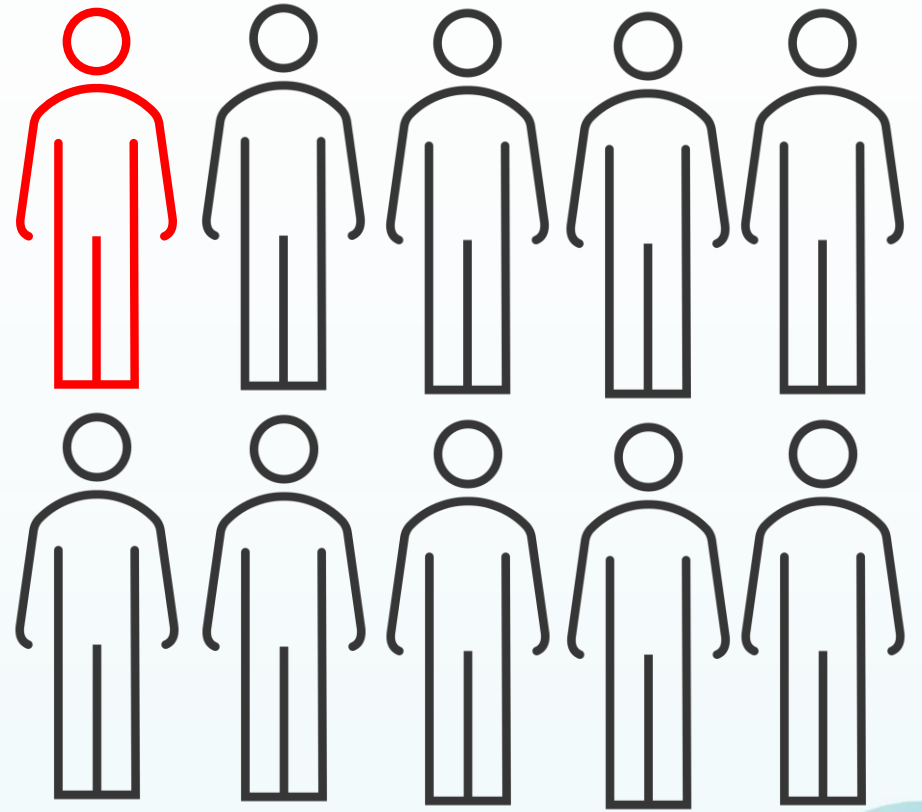


Obstructive Nephropathy



How common is CKD ?

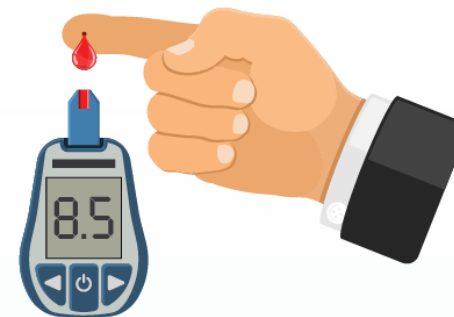
One in every 10 adults
in the population
has some degree of
chronickidney disease



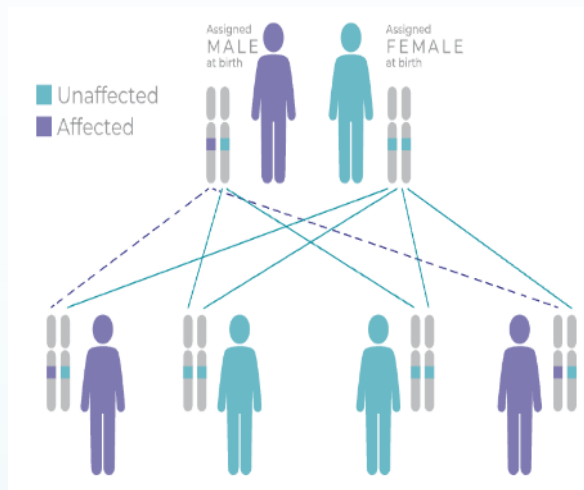
“
**Person at risk for
kidney disease**
”



Hypertension



Diabetes Mellitus



Family history of kidney disease



Past history of kidney disease

World Kidney Day 2020

8 Golden Rules to protect your kidneys



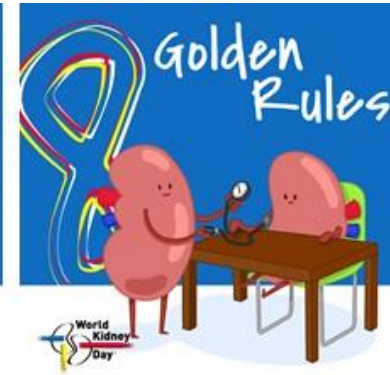
1. Keep fit, be active



2. Eat a healthy diet



3. Check and control
your blood sugar



4. Check and control
your blood pressure



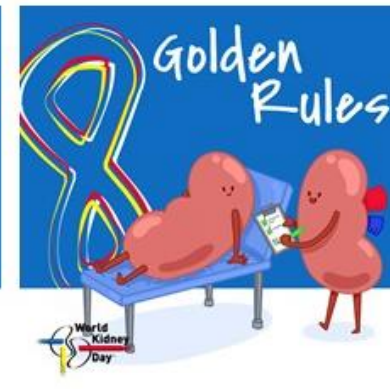
5. Take appropriate
fluid intake



6. Don't smoke

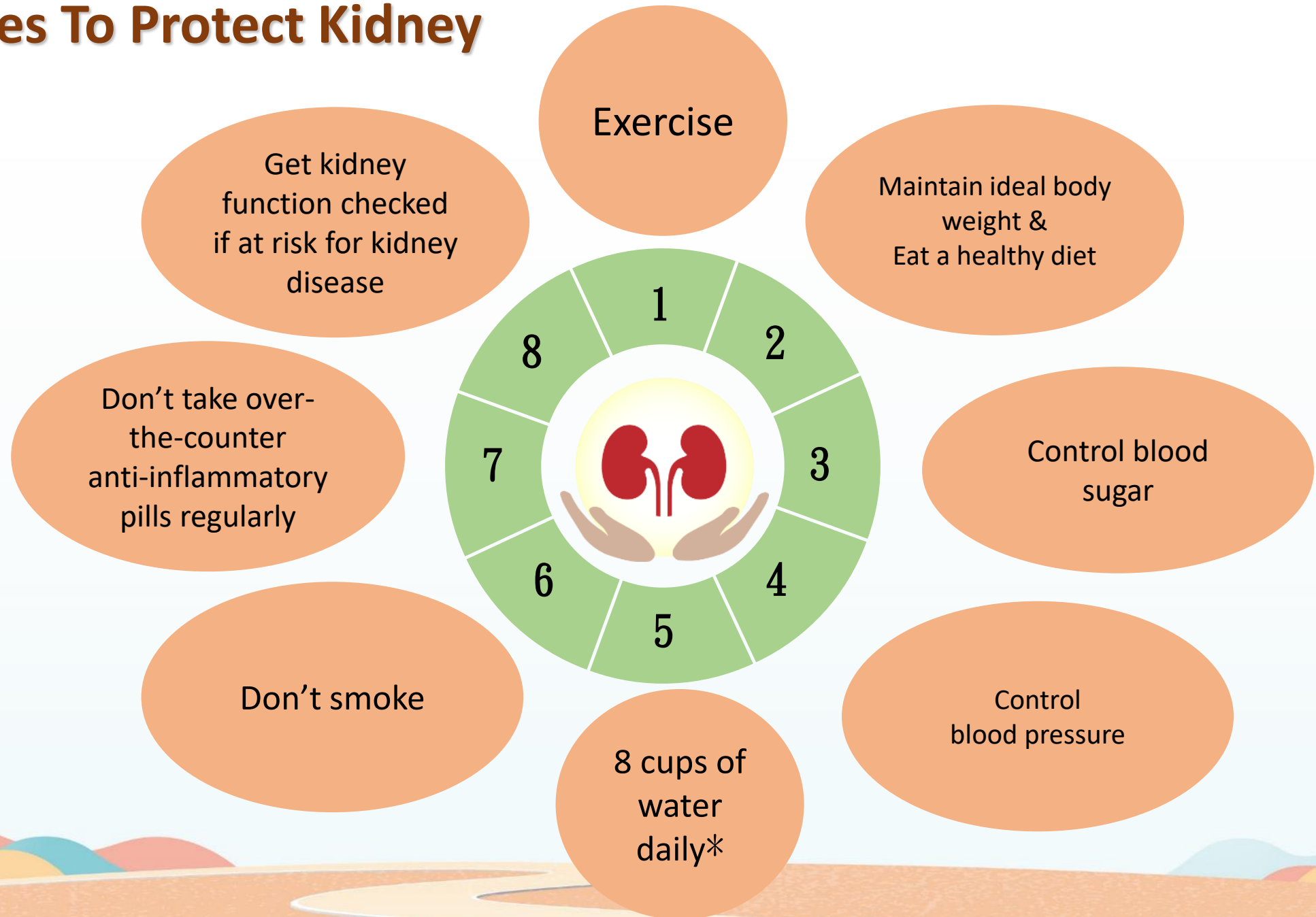


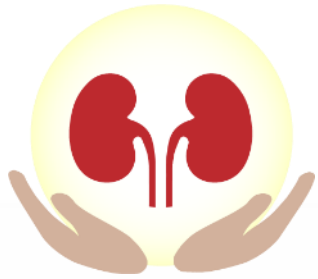
7. Don't take over-the-
-counter anti-inflammatory
/pain-killer pills regularly



8. Get your kidney
function checked
regularly

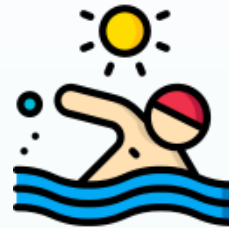
8 Rules To Protect Kidney



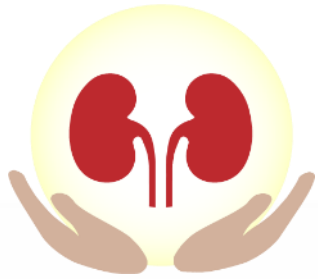


1. Exercise

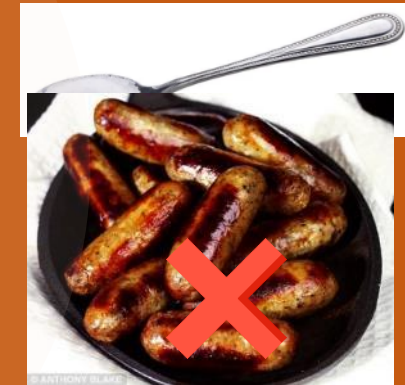
150 minutes of
moderate
intensity
physical activity
weekly

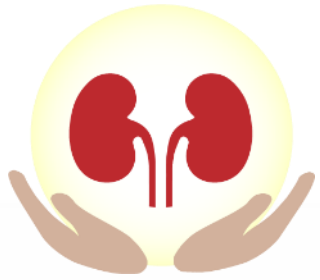


75 minutes of
vigorous intensity
physical activity
weekly



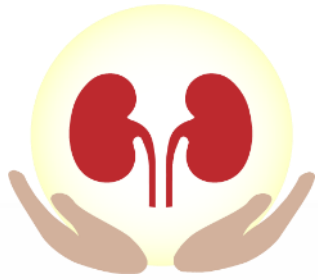
2. Maintain ideal body weight & Eat a healthy diet





3. Control Blood Sugar

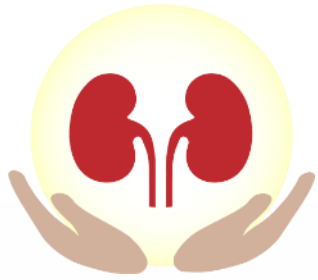




4. Control Blood Pressure



	Systolic (mmHg)	Diastolic (mmHg)
Normal	<120	<80
Elevated	120-129	<80
Hypertension Stage 1	130-139	80-89
Hypertension Stage 2	>140	>90



5. Eight cups of water daily*

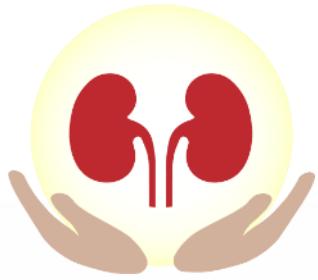


* For healthy adults



6. Don't Smoke

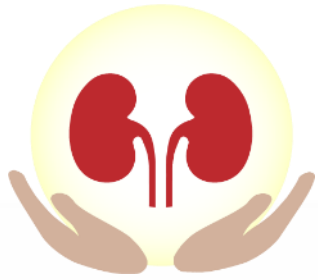




7. Don't take over-the-counter anti-inflammatory pills regularly



✗ Non-steroidal anti-inflammatory drug



8. Get kidney function checked if at risk for kidney disease



Host organiser: Hong Kong Kidney Foundation

<https://hk kf.org.hk/>



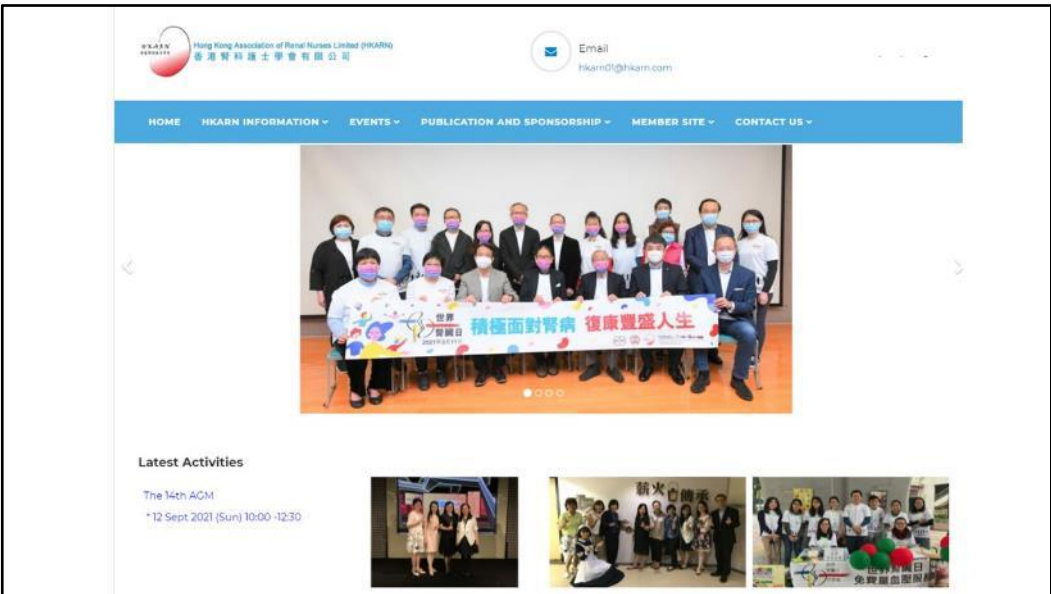
Co-organisers: Hong Kong Society of Nephrology

<https://www.hksn.org/>



Co-organisers: Hong Kong Association of Renal Nurses

<https://www.hkarn.com>



Partner: Alliance for Renal Patients Mutual Help Association

<http://www.arpmha.org.hk/>



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