Your kidneys clean (filter) your blood, removing waste products & extra water as urine while balancing chemicals.
Information for newly diagnosed CKD patients

Kidneys filter blood

Four of the healthy kidneys' most important jobs are:

<table>
<thead>
<tr>
<th>To remove wastes like urea from your blood</th>
<th>To balance chemicals like sodium, potassium, phosphate, acids</th>
<th>To form urine to carry wastes &amp; extra chemicals out of your body</th>
<th>To produce hormones to control blood pressure, to form red blood cells, to ensure strong bones</th>
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When filtering the blood, **healthy kidneys adjust** the amounts of water & chemicals while removing wastes. Wastes & extra chemicals mix with water in your kidneys to form urine. Urine then carries these wastes, extra chemicals & water out of your body. Kidneys **produce important hormones** for strong bones, blood pressure control and to form red blood cells to prevent anemia.

**When Kidneys Don’t Work Normally**

**Damaged or diseased** kidneys are not able to remove enough waste from the blood or to adjust the amounts of chemicals & water in the body. Wastes, extra chemicals & water then build up in the blood & act like poison. Less or no urine is formed to carry these wastes out of your body. Hormones to control blood pressure, form strong bones & prevent anemia are not sufficiently manufactured by kidneys & you may therefore need to take medication instead.

**Common Causes and Symptoms of Kidney Disease**

The most **common causes** of kidney disease are

- uncontrolled diabetes
- uncontrolled high blood pressure
- obesity
- kidney infections / inflammation

Some of the **symptoms** of kidney disease include

- nausea, vomiting, loss of appetite
- tiredness, shortness of breath
- swelling of the feet, legs & face
- itching
- bone pain

**To help prevent the buildup of wastes, extra chemicals & water in your blood you will need to adjust & limit your intake of certain foods.**