

### MESSAGE FROM THE EDITOR



Kidneys are very important organs of our body which help in maintaining sodium levels thereby maintaining our blood pressure. They also help us in excreting waste in the form of urine. Kidneys are very vulnerable organ because in lifestyle related diseases like diabetes and hypertension it is the kidney which gets affected first. I would like to congratulate the entire team of Impact Health Consultants for bringing out this issue on kidney diseases because these days in developing countries these diseases are showing a rising trend.

Dr. Archana Aravindan, MBBS, MPH  
Editor - Impact Newsletter

### PHYSICAL ACTIVITY FOR A HEALTHY KIDNEY

Regular exercise is important for everyone, but it may be particularly helpful for people with chronic kidney disease. Benefits from exercise may include:

- Improved muscle physical functioning
- Better blood pressure control
- Improved muscle strength
- Lowered level of blood fats (cholesterol and triglycerides)
- Better sleep
- Better control of body weight
- Choose continuous activity such as walking, swimming, bicycling (indoors or out), skiing, aerobic dancing or any other activities in which you need to move large muscle groups continuously.
- Low-level strengthening exercises may also be beneficial as part of your program. Design your program to use low weights and high repetitions, and avoid heavy lifting.

Work toward 30 minutes a session. You should build up gradually to this level.

There is nothing magical about 30 minutes. If you feel like walking 45 to 60 minutes, go ahead.

Exercise at least three days a week. These should be non-consecutive days

You should not exercise without talking with your doctor if any of the following occurs:

- You have a fever
- You have changed your dialysis schedule
- You have changed your medicine schedule
- Your physical condition has changed
- You have eaten too much
- The weather is very hot and humid, unless you exercise in an air-conditioned place
- You have joint or bone problems that become worse with exercise

If you stop exercising for any of these reasons, speak to your doctor before beginning again.

Mr. Rishikesh  
Lifestyle exercise trainer

### LIVING WITH A SINGLE KIDNEY

- Avoid injury - some contact sports like rugby or martial arts increase the risk of damage to your kidney, which is more vulnerable because of its size
- Keep up the fluids - your kidney filters toxins from your bloodstream, and lack of fluid makes you prone to infections or stones in the kidney. Drink at least 1 ½-2 litres of non-alcoholic fluid a day
- Check it out! - get your kidney function checked regularly (say, once a year) with a blood test, a urine test for protein and a blood pressure check.

Ms. Shika Chowdhary  
Wellness expert

### CHRONIC KIDNEY DISEASE (CKD)

CKD is a long-term condition where the kidneys do not work effectively. CKD does not usually cause symptoms until reaching an advanced stage. It is usually detected at earlier stages by blood and urine tests. Main symptoms of advanced kidney disease include:

- Tiredness
- Swollen ankles, feet or hands (due to water retention)
- Shortness of breath
- Nausea
- Blood in the urine

CKD is mainly associated with ageing. It is estimated that about one in five men and one in four women between the ages of 65 and 74 has some degree of CKD. CKD is more common in people of south Asian origin (those from India, Bangladesh, Sri Lanka and Pakistan) and black people than the general population. The reasons for this include higher rates of lifestyle related diseases diabetes & high blood pressure in south Asian people.



Dr. Nipun Choudhry  
M.D, M.Phil- Lifestyle Specialist

### EATING RIGHT FOR A HEALTHY KIDNEY

- Eat and prepare foods with less salt and sodium: This will help in reducing the blood pressure
- Eat the right amount and right types of proteins: This is to help protect the kidney
- Eat foods healthy for your heart
- Eat foods with less phosphorus: This is to help your nerves and muscles work the right way.

Dr. Nipun Choudhry  
M.D, M.Phil- Lifestyle Specialist

### FACTS AND MYTHS ABOUT KIDNEY STONES

The kidney stone disease is very common in India with every other person suffering from kidney stones:

#### a. Intake of tomatoes can cause stones

**Fact:** tomatoes eaten in the usual quantities, bhindi and other seeded vegetables have no role to play in causing renal stones.

#### b. Milk is prohibited in kidney stones

**Fact:** Milk and calcium containing medicines have been shown to have no effect whatsoever on the formation of kidney stones.

#### c. One should take plenty of all kinds of fluids to get rid of stones

**Fact:** The best fluid guaranteed to prevent and treat renal stones is plenty of water to which some lemon juice is added, without sugar or salt.

#### d. Intake of beer is useful in kidney stone disease

**Fact:** Beer causes kidney stones: In addition to causing a large-scale loss of precious body fluids, beer contains several chemicals which can cause kidney stones!

#### e. Desi medicines can help get rid of stones

**Fact:** There is no evidence that "desi" or indigenous medicines help in treating or preventing kidney stones. Many of these "desi" medicines, in fact, contain allopathic pain relieving medicines.

#### f. There is no medical treatment of kidney stone disease

**Fact:** There are specific guidelines for the management of every type of kidney stone disease, including medical management - most urologists are aware of these guidelines and follow them. As a general rule, if there are stones in both kidneys, at least one should be kept free of stone as soon as possible. Similarly, in case a stone is causing severe pain or fever or is likely to damage the kidney being affected, it usually needs urgent admission and management. Mere absence of pain does not mean that the kidney is safe.

#### g. Absence of pain means the stone has disappeared

**Fact:** The fact that a stone which was earlier causing pain is not painful anymore does not necessarily indicate that it has been passed out. In fact, many times, pain disappears merely because the kidney has stopped to function! Even the absence of stone on ultrasound may not confirm that it has passed out. Passage of stone in the urine is the only proof, positive of stone passage, unless additional tests confirm it.