

What are my Risks

Chronic illness

- Diabetes— mismanagement
- Hypertension—mismanagement

Some of the other risks factors:

- Urinary Tract infections
- Chronic Infections
- Genetic Disorders – PKD, Lupus, Nephritis – Auto-immune deficiencies etc
- Inflammatory – drug induced
- Unknown

Tips for Reducing your Risks...

A proactive approach is need for early detection and effective management of your health...

Your Healthcare provider:

- Be honest with the facts
- You have a right to know
- Understand yourself

Work with your Dietician/Nutritionist:

- Meal Planning—balanced meals
- Knowing your ideal weight
- Healthy food choices

Your role:

- Take your medications
- Maintain regular exercises

Acceptable Value ranges for Adults....consult with your Healthcare Provider when necessary.....

| Tests | Male | Female |
|----------------|---------------|---------------|
| Blood Glucose | 70–110 mg/dL | 70–110 mg/dL |
| Blood Pressure | 120/80 mm Hg | 120/80 mm Hg |
| HbA1C | Normal < 5% | Normal < 5% |
| Creatinine | 0.5–1.5 mg/dL | 0.5–1.1 mg/dL |
| BUN | 5–26 mg/dL | 5–26 mg/dL |
| Cholesterol | 160–180 | 160–180 |
| HDL | > 80 mg/dL | > 80 mg/dL |
| LDL | < 100 mg/dL | < 100 mg/dL |
| Triglycerides | 40–100 mg/dL | 40–100 mg/dL |
| Haemoglobin | 14–18 | 12–16 |
| BMI (Normal) | 20-25 | 20-25 |

Disclaimer:

The information contained herein should be used to augment the advice of your healthcare providers and NOT to replace their advice

“...the bottom line is....

...your health is your responsibility....

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The Renal Care Centre of Trinidad & Tobago



Partners for Life



What you need to know about your Kidneys....why wait!!

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Our Organisation

Our **AIM** include adopting a holistic approach to renal care, with the participation of **ALL** the various stakeholders, for the effective control, prevention, monitoring, treatment and transplantation of renal patients and/or such high-risk persons.

As a **NGO**, our **PRIMARY OBJECTIVES** are to treat the many persons suffering from Chronic Renal Failure (CRF) and/or End Stage Renal Disease (ESRD), particularly, for nationals who cannot afford it financially or access such programs/treatment.

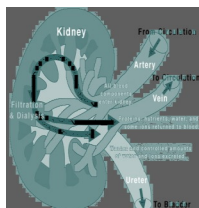
The **MISSION** of The Renal Care Centre of Trinidad and Tobago is to heighten the awareness of nationals and to provide holistic care to persons living with Renal Failure, and in particular, those persons who cannot afford it financially or access such programs/treatment.

Learning to live with kidney failure continues to be the many challenges that renal patients strive to overcome on a daily basis, but each of us has a role to undertake when our loved ones are confronted with such circumstances....

Your Kidneys

Functions of kidneys

- Regulate the body's water content
- Excrete toxic wastes from the body in the form of urine
- Regulate the amount of salts like potassium and sodium in the blood



Your Kidney

- Help maintain the acid balance in the body
- Produce red blood cells, so that oxygen can be transported throughout the body
- Produce vitamin D in its active form to ensure that bones are strong and healthy
- Produce hormones to regulate blood pressure

What are the common causes of kidney failure?

Kidney failure occurs when various diseases damage the kidneys. Some of these can be:

- Diabetes
- High blood pressure
- Inflammatory diseases (e.g. glomerulonephritis)
- Blockage of urinary collecting system (e.g. kidney stones)
- Chronic infections (e.g. pyelonephritis)
- Rare genetic disorders (e.g. polycystic kidney disease)

What I need to know

Signs & Symptoms

The following are common signs and symptoms of renal insufficiency, visit your doctor....

- Abnormal Blood pressure, Back pain, fever
- Swollen feet, ankles, eyes...
- Protein and/or Blood in urine (coffee coloured)
- Nausea & Vomiting – fish-like smell
- Sleep disturbances, Loss of appetite, decreased urination, constipation
- General – headaches, feeling tired, itchy all over the body....

What are the kidney function tests?

These are the common tests performed with consultation of your healthcare provider:

- Blood – Kidney Function (CBC, BUN etc.)
- Urine – 24 hr. Sampling (Protein & I/O Measure)
- Biopsy – further analysis
- Ultrasound
- Renal Scan, CT Scan, MRI
- Angiography