

health  chats

**ALL ABOUT
KIDNEYS**

Our Sponsors





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Today's Topics

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Kidneys 101

02

Chronic kidney disease

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How to optimize kidney health

04

UnitedAg resources

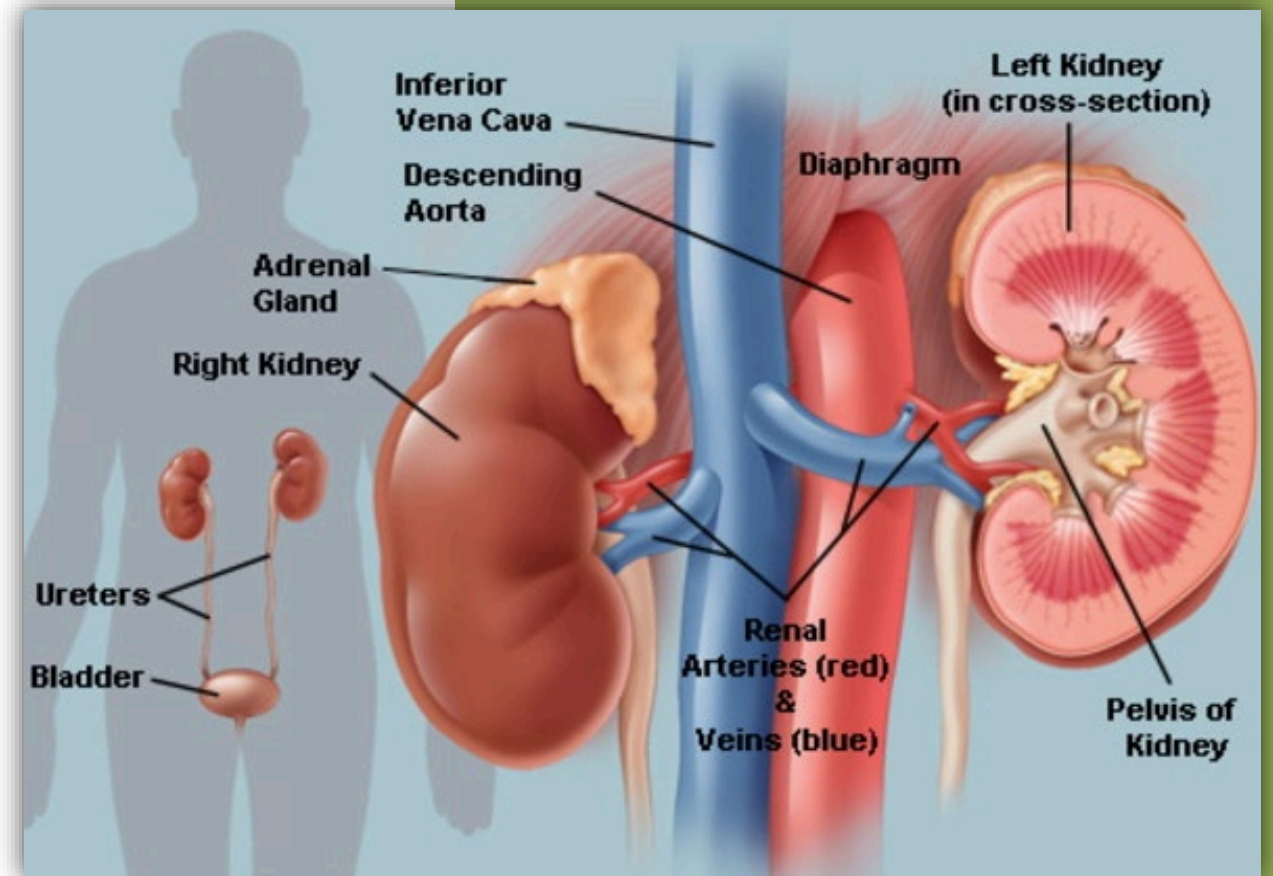
05

Q&A



What do they do?

- Filter all your blood every 30 minutes
- Remove wastes and toxins
- Remove excess fluid
- Control blood pressure
- Balance electrolytes and minerals
- Contribute to bone health
- Red blood cell production





Consequences of poor kidney function



Anemia



Weak bones



Fluid retention



Heart disease
& stroke



Impaired
consciousness

Chronic Kidney Disease (CKD)



1 in 7 people are affected by CKD



9 in 10 of them don't know they have it



40% with severe CKD don't know they have it



Increased risk in minorities

Gradual loss of kidney function
that can lead to need for
transplant/dialysis



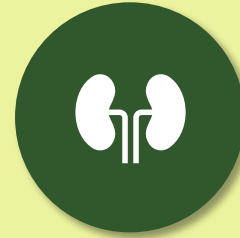
Most common causes
are diabetes &
hypertension



stay hydrated



talk to your doctor about getting
screened for kidney disease



Control chronic conditions
(especially diabetes & hypertension)



Optimizing kidney health

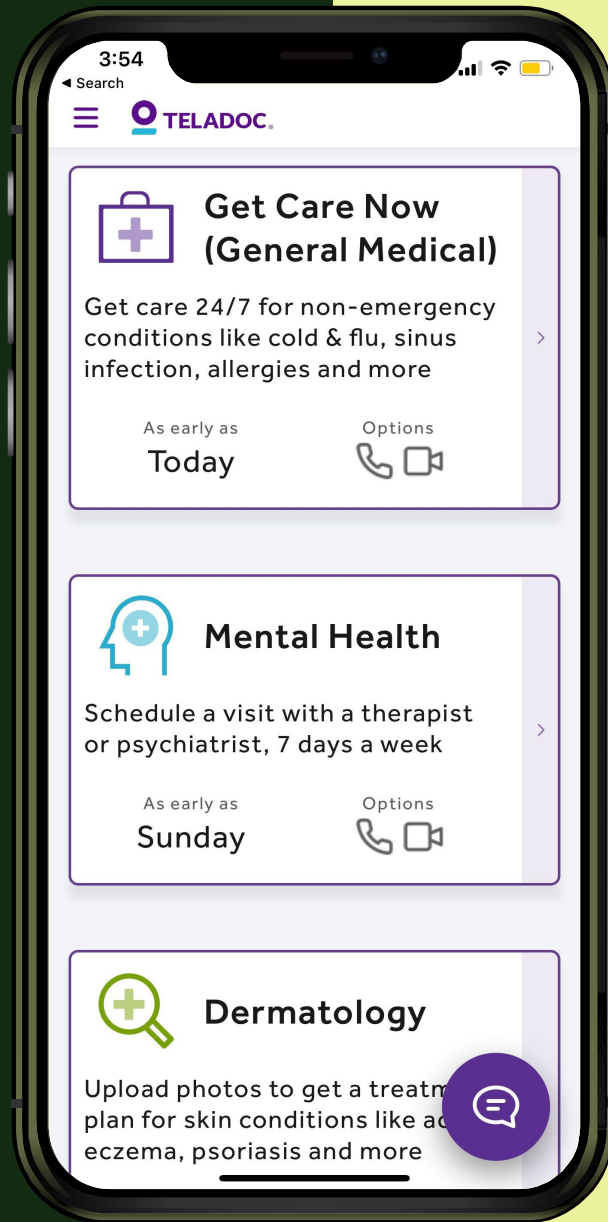


Avoid tobacco and
excessive alcohol



Only take medicines as directed
(prescription & over the counter)





Resources

UnitedAg Health & Wellness Centers

Lifestyle coaching program

unitedag.org/wellnesscenters | 877.877.7981

Teladoc

teladoc.com