

MARCH 2024

# NEWSLETTER

## KIDNEY AWARENESS MONTH

Compiled by Dr Christophe Arzur

### DID YOU KNOW?

**Your kidneys filter all of your blood 25 times a day?**

- Your kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.
- Your kidneys filter your blood and make urine. They balance the water, salts, and minerals in your blood and remove waste, acid, and extra fluid.
- If your kidneys are struggling, they will work harder to keep up—you can lose up to 60% of your kidney function before you notice any problems.
- In short, the aim of screening for kidney failure is to identify any deterioration in kidney function before serious symptoms appear.
- If you have risk factors, I encourage you to see your doctor for regular screening.

No matter your age, getting to know your kidneys can help you lead a healthier life and may prevent or slow the progression of kidney disease.

**Screening for kidney failure is essential for the early detection of any kidney abnormality, even if there are no symptoms. Here are the main screening methods:**

#### REGULAR MONITORING

For people with risk factors (diabetes, high blood pressure, cardiovascular disease, etc.) Annual monitoring is critical to detect the onset of chronic kidney disease at an early stage.

#### URINALYSIS

The urine strip test looks for the presence of proteins, red blood cells, and white blood cells in the urine. Urine can be collected at any time during the day.

#### BLOOD TESTS

Analysis of creatinine levels is used to assess renal function. An increase in blood creatinine may indicate renal dysfunction. Looking for albuminuria or proteinuria in the blood can also reveal renal abnormalities.

Ways to protect your kidneys include; eating healthy foods, being physically active, and managing diabetes, high blood pressure, & heart disease.

Credit NIH source:[https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month/-/media/Files/Health-Information/Community-Outreach/NKM-2024/NKM24-English-Flyer-Design\\_508.pdf](https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month/-/media/Files/Health-Information/Community-Outreach/NKM-2024/NKM24-English-Flyer-Design_508.pdf)



22 Fife Ave cnr Blakiston St | Avenues | Harare  
Email: [enquiries@cerbalancetafrica.com](mailto:enquiries@cerbalancetafrica.com)  
Tel: +263 8677006365 or +263 772 143130



ISO 15189:2012 ACCREDITED LABORATORY