SPRINT - 2

PROJECT NAME:

Early Detection of Chronic Kidney Disease Using Machine Learning.

TEAM ID:

PNT2022TMID39690

AWARENESS PAGE

This page contains Awareness about CKD

Awareness about Kidney Disease

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AWARENESS

This page gives you more awareness about the kidney disease

Public awareness and media coverage of kidney disease is relatively low compared to other conditions, such as heart disease or cancer.

Many people we spoke to knew that the kidneys are a vital organ, that they act as a filter to remove waste products from the blood stream and that they are somehow connected to 'the waterworks'.

However, the term 'kidney disease' may make people think of kidney failure, transplants and dialysis.

As Jim put it, "I knew you could get kidney failure and things like that, but I didn't realise you could just get something small wrong with them".

Some people thought there should be more advertising of kidney disease, especially what causes it, why kidneys are important

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This page contains Awareness about what healthy foods are to be taken

Awareness about Kidney Disease

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HEALTHY FOODS

Tips for making healthy food choices:

Cook with a mix of spices instead of salt.

Choose veggie toppings such as spinach, broccoli, and peppers for your pizza.

Try baking or broiling meat, chicken, and fish instead of frying.

Serve foods without gravy or added fats.

Try to choose foods with little or no added sugar.

Gradually work your way down from whole milk to 2 percent milk until you're drinking and cooking with fat-free (skim) or low-fat milk and milk products.

Eat foods made from whole grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day.

Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.

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