SPRINT -2

Project Name:

Early detection of chronic kidney disease using Machine
Learning.

Team ID:

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AWARENESS PAGE

This page contains awareness about CKD.

of CKD and many are already being treated for diabetes and/or hypertension.28,29

However, there are still compelling reasons why patients would benefit from awareness of their CKD.

First, they could be made aware of medication exposures that could influence progression, including over-the-counter nonsteroidal anti-inflammatory agents and contrast agents used in imaging tests.

In addition, there is evidence that appropriate early treatment (with medications and hypertension control) could slow progression of CKD.29

Also, patients should be aware that current and future medications could require dose adjustment in the setting of CKD.

Many conditions, such as heart disease and cognitive decline, may increase with severity of CKD, and awareness of disease may motivate patients to adopt preventive strategies for these conditions.

Awareness might also make patients more vigilant with adherence to dietary recommendations for comorbid hypertension and diabetes, including lower salt, sugar, and fat intake, as well as other lifestyle changes.

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.