



# National Organization For Renal Disease



Obesity is an epidemic problem. About 1/3 of the people living in the United States are classified as being obese. 3/4 of the people living in the United States today are classified as overweight and are at risk of being obese. Obesity is not only a cosmetic issue; it is now a medical disease related to a number of medical health problems such as renal, high blood pressure, and metabolic diseases. According to the National Institute of Health, renal disease is the loss of kidney functions. The biggest factors that cause renal disease are obesity and diabetes. In the United States today, about 6% of the population have some form of kidney disease, whether it may be acute or chronic renal disease. Acute renal disease occurs when there is a small drop in the function of the kidneys. Chronic renal disease occurs when the kidneys hardly function properly in the body. Some symptoms of kidney disease include: anemia, headaches frequently, swollen hands or feet, and nausea.

Obesity is said to impact the heart and blood vessels. Being obese overworks the cardiovascular system, and over time could lead to high blood pressure, strokes, heart attacks, and congestive heart failure. Arteries with buildup of plaque, usually made of calcium, cholesterol, fat, are rough and have trouble transporting blood to other parts of the body. Over time, the arteries will narrow and harden, thus causing hypertension.

Diabetes is a metabolic disease in which someone's body doesn't produce enough insulin or the body produces insulin but the cell receptors are not sensitive to it. When someone eats sugary, processed, refined foods all the time, it spikes up the blood glucose levels. Then, the pancreas releases insulin to put the glucose in the cells. Over time, the cells will eventually become resistant to insulin. The rate of diabetes in patients has risen in the past decades due to obesity. Diabetes is the number one cause of renal disease. With more children being overweight and obese, children and adolescents have a high chance of getting renal and metabolic diseases.

## Ways to Lower Your Risk for Kidney Disease

If you are at risk of kidney disease, go seek assistance from a physician or primary care practitioner. Use these tips to reduce your chance for renal diseases:

- Exercise daily and stay active.
- Eat healthy fruits and vegetables; try to avoid sugary foods. Eating whole grains, seafood, nuts, and seeds can help reduce the risk of renal diseases.
- If you are a diabetic, take control of your blood sugar levels.
- Control your blood pressure by reducing sodium intake into your body.

### Who is at risk for renal disease?

According to studies, minority groups in the United States are more at risk for getting renal diseases. Minorities have genetic and lifestyle risk factors for renal disease.

Asians and Pacific Islanders are at high risk for diabetes and high blood pressure. Diabetes is the number one cause of renal disease. High blood pressure is another major cause of renal disease. Asians and Pacific Islanders are twice as likely to get develop renal disease than Caucasians mainly because of their diets and genetics. African Americans are six times more likely than Caucasians to develop kidney disease related to hypertension or diabetes and 4 times more likely to progress to kidney failure than Caucasians.

Hispanics/Latinos and Native Americans are twice more likely to progress to kidney failure than Caucasians.



## **National Organization For Renal Disease**



# **Upcoming Screening Events:**

**Saturday, October 19<sup>th</sup> at the Health Fair in  
East Los Angeles Sponsored by  
Assemblyman's Jimmy Gomez's Office.**

**Tuesday, October 29<sup>th</sup> at Joslyn Adult Center in  
Burbank, California.**

**Contact Us:**

**NATIONAL ORGANIZATION FOR RENAL DISEASE**

**11018 Aqua Vista Street #19**

**Studio City, CA 91602**

**[nord4kidneydisease@yahoo.com](mailto:nord4kidneydisease@yahoo.com)**