Victims of Renal Disease

Unfortunately there is no cure for renal disease, but you can prolong the proper functioning of the kidneys if you are still in its early stages:
- Get lab and bloodwork done regularly.
- Regularly check your blood pressure.
-Regularly monitor your glucose/ sugar levels.
- Limit your protein, sodium, potassium, and cholesterol intake.
- Avoid pain pills.
- Treat anemia with supplements.
- Prepare for ESRD (dialysis, transplantation).

Prevention

A simple four-step process called A.P.E.R.
(1) Awareness - make people aware of the warning signs. What should they look for? What tests can be run?
(2) Prevention - know how to reduce the risk of getting renal disease from one of its precursors.
(3) Education - give people the knowledge they need. They will share it with other members of the community. When they know what to look for, the likelihood of actually developing renal disease decreases.
(4) Research - support and fund genetic research. If you suffer from renal disease, please volunteer and be a part of clinical/medical studies. Ask for government funding for research projects.

We Need Your Support!

Please help us in any way you can.
- Donate your time.
- Donate your skills.
- Donate your money.
- Donate an organ.

Questions?

For additional information, please visit our web site at www.stop-esrd.org

National Organization for Renal Disease

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What is N.O.R.D.?

Mamie V. Jackson - NORD founder and lifelong victim of renal disease.

The National Organization for Renal Disease is a nonprofit corporation dedicated to preventing renal (kidney) disease. Using cutting edge, innovative, and comprehensive programs, N.O.R.D. seeks to provide high risk populations with the latest information on renal disease and more effective treatments. Mamie V. Jackson founded the organization in 1998 when she realized that there was a need for heightened awareness of information within communities chronically affected by renal disease and related illnesses. Mamie developed A.P.E.R., a four-phase program promoting Awareness, Prevention, Education, and Research. The promotion of these four steps will inevitably improve therapies and remedies and will prevent medical precursors from developing into renal disease. Joining Mamie in this venture are the members of the board, several of which are practicing physicians specializing in the appropriate fields of medicine.

Misssion Statement

To provide preventive and critical medical information to populations at high risk for developing renal (kidney) disease and its precursors - diabetes, hypertension, and end stage renal disease through its programs of awareness, prevention, education, and genetic research. To transform the remedies and delivery systems in which these illnesses are treated for the betterment of the individual and their communities.

Purpose

To change the face of this disease by aggressively promoting good health through education, prevention, and follow-up. We also believe in the promotion of renal transplantation and other progressive therapies in treatment modalities, through innovative, cutting edge research and permanent testing sites until we find a better way.

Why are Kidneys Important?

Removal of waste products - each kidney contains about one million nephrons. Inside the nephrons, wastes and extra water become urine through a complex chemical process. Release of hormones and other necessary elements - as the nephrons filter out the body's waste, they also release chemicals such as sodium and potassium back into the blood stream. The kidneys also release hormones necessary to stimulate red blood cell production, regulate blood pressure, and maintain calcium levels.

What is Renal Disease?

The chronic or acute loss of kidney function. Most kidney diseases attack the nephrons, drastically reducing their ability to filter wastes.

Types of Renal Disease:

Acute - drops to sudden decline in renal function (may result from poisons, sudden loss of blood, kidney injury).

Chronic - gradual loss of renal function (as a result of diabetes or high blood pressure).

End Stage - total or nearly total and permanent kidney failure (final stage of renal disease).

Causes of Renal Disease:

Any of the following may be a cause for renal disease: diabetes, high blood pressure, heredity, poisons, or trauma.

Symptoms

- Frequent headaches
- Loss of appetite
- Fatigue
- Frequent itching
- Frequent urination
- Burning bladder
- Anemia
- Puffy/baggy eyes
- Nausea/vomiting
- Swollen/numb hands or feet
- Trouble concentrating
- Darkening of the skin
- Muscle cramps

Testing for Renal Disease

The most common forms of testing are through blood and urine samples. If a blood or urine test indicates improper functioning of the kidneys, then the patient must undergo renal imaging using ultrasound, a computed tomography scan (CT scan), or magnetic resonance imaging (MRI).

Statistics

For most or all populations, diabetes is usually accompanied by hypertension and this leads to renal disease.

Diabetes is the leading cause of renal disease, and it accounts for approximately 40% of new cases of end stage renal disease requiring dialysis or transplantation.

Statistics show that certain minority groups are more likely than the general population to suffer from diabetes and end stage renal disease (ESRD):

Seniors - approximately 50% of diabetes cases are people 55 or older. 6.3 million cases age 65 or older.

Native Americans - 2.8 times more likely than Caucasians to get diabetes. Six times more likely to acquire ESRD.

Latinos - an estimated 10.6% of Mexican-Americans have diabetes. Other Latinos are twice as likely to have diabetes than Caucasians.

Asians/Pacific Islanders - data on this population is limited. Native Hawaiians are twice as likely to have diabetes as white residents of Hawaii.

Hispanics - four to six times more likely to acquire ESRD.

African Americans - an estimated 10.8% (2.3 million individuals) have diabetes usually accompanied by hypertension. Four times more likely to acquire ESRD.

Caucasians - an estimated 7.8% (11 million individuals) have diabetes usually accompanied by hypertension.

Diabetes is the leading cause of ESRD accounting for 40% of all cases.

Research Credits: National Kidney Foundation, Office of Minority Health and Resource Center, Center for Disease Control, National Institutes of Health, American Diabetes Association, Indian Health Service, National Council of La Raza, National Institute of Diabetes and Digestive and Kidney DIseases, Health Resources and Services Administration.