



THE WELLNESS WATCH

Quick Insights: Wellness News in a Glimpse

The Wellness Watch is a monthly feature dedicated to raising awareness about chronic diseases and the impact they have on individuals, families, and communities. Each edition highlights a different condition, offering insight, support, and practical knowledge to encourage healthier lifestyles and stronger awareness.

While Hard Hat Headlines is rooted in the mining community, The Wellness Watch extends beyond the industry to remind us all that health is our most valuable resource.



For additional information visit:



www.kidney.org



In Focus: Chronic Kidney Disease

Chronic Kidney Disease (CKD) is a long-term condition where the kidneys gradually lose their ability to filter waste and excess fluids from the blood. Often developing silently, CKD can progress for years without noticeable symptoms. Risk factors include diabetes, high blood pressure, and family history. Early detection helps slow progression.



CKD in a Snap: Stages Matter

Chronic Kidney Disease progresses through five stages, based on kidney function measured by glomerular filtration rate (GFR). Stage 1 shows normal function with damage; Stage 2 mild loss; Stage 3 moderate decline; Stage 4 severe impairment; and Stage 5 kidney failure, often requiring dialysis or transplant.

Getting Tested for Chronic Kidney Disease

Testing for Chronic Kidney Disease begins with a simple blood test to measure creatinine and estimate kidney function, along with a urine test to detect protein. People with diabetes, high blood pressure, or family history should ask their doctor for routine screening, since early detection improves treatment outcomes.

Talking to Your Doctor About CKD

When visiting your doctor, ask about your risk for Chronic Kidney Disease and whether testing is right for you. Share any history of diabetes, high blood pressure, or kidney problems. Open discussions and regular checkups help ensure early detection, better management, and improved long-term kidney health.