



# JACKSON COUNTY HEALTH DEPARTMENT

**Public Health**  
Prevent. Promote. Protect.

## NEWS

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### **Prevention and Early Detection Important to Thwart Kidney Disease**

Did you know one in three American adults is at risk for kidney disease? You have two kidneys, each about the size of an adult fist, located on either side of the spine just below the rib cage. Although they are small, your kidneys perform many complex and vital functions that keep the rest of the body in balance. For example, kidneys:

- Help remove waste and excess fluid
- Filter the blood, keeping some compounds while removing others
- Control the production of red blood cells
- Make vitamins that control growth
- Release hormones that help regulate blood pressure.

Anyone can get kidney disease at any time. If kidney disease is found and treated early, you can help slow or even stop it from getting worse. Most people with early kidney disease do not have symptoms.

Untreated kidney disease can progress and even lead to death. 'Eighty Jackson County residents died from kidney disease between 2012 and 2016,' said Administrator, Sarah Patrick. Kidney disease is more common now than it used to be. 'Men are almost twice as likely to die of kidney disease than women in Jackson County, but women who are at risk should be screened, too, because catching the disease early can result in interventions to save kidney function', Patrick adds.

The Jackson County Health Department encourages you to talk with your doctor about tests to check if your kidneys are functioning correctly, especially if you have any of these risk factors for kidney disease:

- Diabetes
- High blood pressure
- Age 60 and over
- Family history of kidney failure

Dr. Kyaw Naing, SIKU-C professor of Family and Community Medicine and JCHD Medical Director, cautions 'Certain prescription medications should not be taken by the patients if their kidney function is found to be poor. Since those medications will further deteriorate kidney function leading to kidney disease. Please talk to your primary care provider.'

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