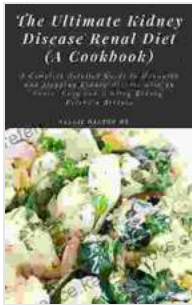


# Complete Detailed Guide To Managing And Stopping Kidney Disease With 40 Sweet



**The Ultimate Kidney Disease Renal Diet (A Cookbook): A Complete Detailed Guide to Managing and Stopping Kidney Disease with 40 Sweet, Easy and Healthy Kidney-Friendly Recipes** by Alycea Ungaro

★★★★☆ 4.2 out of 5

Language : English

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Kidney disease is a serious condition that can lead to kidney failure. However, there are things you can do to manage and even stop the progression of kidney disease. This guide provides you with everything you need to know about kidney disease, including the causes, symptoms, and treatment options. You will also learn about 40 sweet recipes that are safe for people with kidney disease.

## What is Kidney Disease?

Kidney disease is a condition that affects the kidneys. The kidneys are two bean-shaped organs that are located on either side of the spine. They filter waste products from the blood and produce urine. Kidney disease can occur when the kidneys are damaged or unable to function properly.

## **What are the Causes of Kidney Disease?**

There are many different causes of kidney disease, including:

- Diabetes
- High blood pressure
- Glomerulonephritis (inflammation of the kidneys)
- Polycystic kidney disease (a genetic condition that causes cysts to grow on the kidneys)
- Kidney stones
- Urinary tract infections
- Medications (such as nonsteroidal anti-inflammatory drugs and antibiotics)

## **What are the Symptoms of Kidney Disease?**

The symptoms of kidney disease can vary depending on the stage of the disease. In the early stages, there may be no symptoms at all. As the disease progresses, symptoms may include:

- Fatigue
- Nausea and vomiting
- Loss of appetite
- Swelling in the hands, feet, and legs
- High blood pressure
- Anemia

- Bone pain
- Kidney failure

### **How is Kidney Disease Diagnosed?**

Kidney disease is diagnosed through a blood test and a urine test. The blood test measures the levels of creatinine and urea in the blood.

Creatinine is a waste product that is produced by the muscles. Urea is a waste product that is produced by the liver. High levels of creatinine and urea in the blood can indicate that the kidneys are not functioning properly.

### **How is Kidney Disease Treated?**

The treatment for kidney disease depends on the stage of the disease and the underlying cause. In the early stages, treatment may include lifestyle changes, such as:

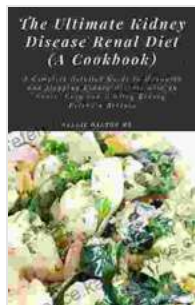
- Eating a healthy diet
- Getting regular exercise
- Limiting alcohol intake
- Quitting smoking
- Taking medication to lower blood pressure or cholesterol

In more advanced stages of kidney disease, treatment may include:

- Dialysis
- Kidney transplant

### **What are the Complications of Kidney Disease?**

## Kidney disease



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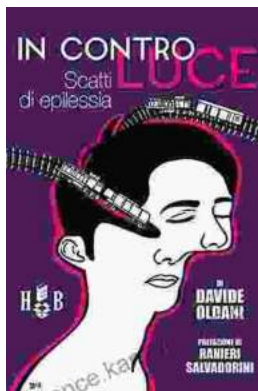
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