Chronic Kidney Diseases Increase in the United States

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Health experts strongly recommend following a healthy diet and lifestyle to take better care of the kidneys.

(Newswire.net -- September 11, 2018) Orlando, FL -- Researchers have been conducting studies to learn about how prevalent conditions like kidney diseases are. In recent data, it has been found many are affected by this type of condition.

According to scientists, high blood pressure and diabetes are the most common causes of kidney disease.

Health experts have long been saying statistics should actually serve as a warning bell.

According to statistics, approximately 1 in 3 adults suffering from diabetes may have chronic kidney disease. Further, 1 in 5 adults with hypertension may have chronic kidney disease.

Chronic kidney disease (CKD) prevalence has been increasing for multiple reasons. Some of the contributing factors are an epidemic of Type 2 diabetes, increased life expectancy, and hypertension.

All of these have been found to fuel kidney disease. For preventive kidney health purposes, it has been strongly recommended to follow healthy lifestyles.

Practicing a healthy lifestyle means not consuming too much sugar or salt, and exercising on a regular basis. It could also mean working with doctors to make sure diabetes sufferers are able to manage their condition.

Individuals who have high blood pressure are advised to closely work with their physician to keep the condition under control. It could also aid in decreasing the risk of chronic kidney disease.

In the United States, 30 million individuals are estimated to have chronic kidney disease. Further, 48 percent of them have severely reduced kidney function.

According to experts, this condition called chronic kidney disease is characterized by kidney damage. It is also when the kidneys are unable to filter blood. Due to these occurrences, excess waste and fluid from the blood stay in the body. When this happens, they end up causing many health issues.

There are signs of CKD and it includes vomiting, nausea, loss of appetite, fatigue, weakness, urination changes, sleep problems, and reduced mental sharpness. It may also lead to persistent itching, swelling of the ankles and feet, and hypertension.

Experts recommend those who suffer from these symptoms see a doctor.

Scientists warn that one in three American adults is susceptible to kidney disease. It has been found that the primary risk factors are hypertension, diabetes, cardiovascular disease, and a family history of kidney failure.

Health experts strongly recommend following healthy diet and lifestyle to take better care of the kidneys. Choosing the right foods can mean obtaining the nutrients that could help take care of the organs, like the kidneys.

Males may also take into account the use of Divine Bounty Men’s Multivitamins. This amazing formula is equipped with a range of health-enhancing, disease-fighting agents.

It has vitamin A, C, D, E, K, thiamin, riboflavin, vitamin B6, folate, vitamin B12, biotin, pantothenic acid, calcium, phosphorous, iodine, magnesium, zinc, selenium, copper, manganese, chromium, and molybdenum.

It also has Men’s Blend, Amino Acid & Enzyme Blend, Immune Blend, Brain Blend, and Heart Blend.

(www.amazon.com/Mens-Multivitamin-Containing-Multivitamins-Men/dp/B076MJBC7G)
About Divine Bounty

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