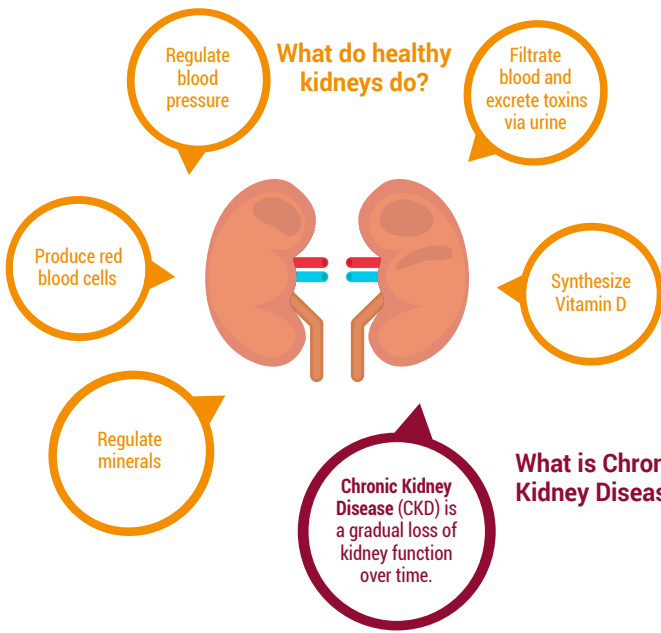


# CHRONIC KIDNEY DISEASE: FACTS AND FIGURES



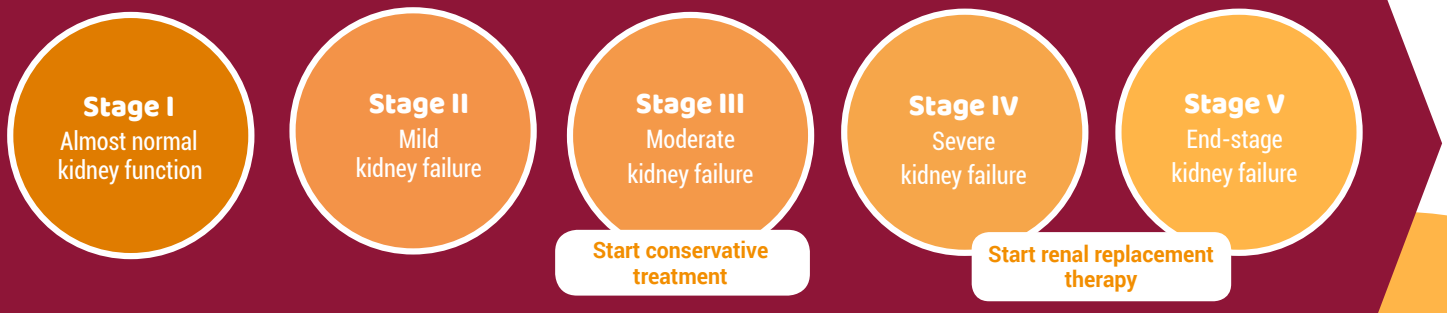
### WHO IS AT RISK?

- Diabetes
- High blood pressure
- Over-weight
- Being 60+ years old
- Smoking
- Family history of CKD

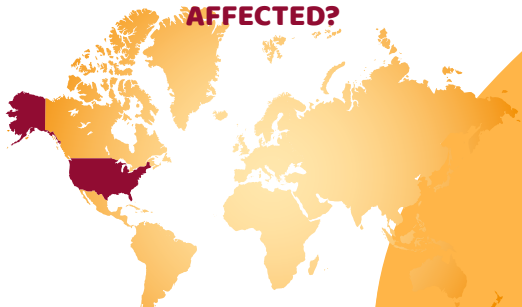
### WHAT ARE THE SYMPTOMS?

- Headaches
- Out of breath
- Nausea
- High blood pressure, difficult to control
- Vomiting
- Edema
- Fatigue
- Loss of appetite

## WHAT ARE THE STAGES?



### HOW MANY PEOPLE ARE AFFECTED?



More than **450,000 patients** in the US suffer from end-stage kidney failure, with numbers **increasing by 5%** per year.

### WHY A NUTRITIONAL THERAPY?

The nutritional therapy plays a key role in the conservative treatment of CKD.

- > To improve nutritional status
- > To control blood pressure
- > To control mineral metabolism
- > To retard disease progression
- > To improve quality of life
- > To reduce costs for health system



### DIETARY RECOMMENDATIONS:

- > Reduced protein intake (focus on protein quality)
- > Reduced salt and phosphorus intake
- > Balanced potassium intake
- > High energy intake (calories)
- > High fiber intake