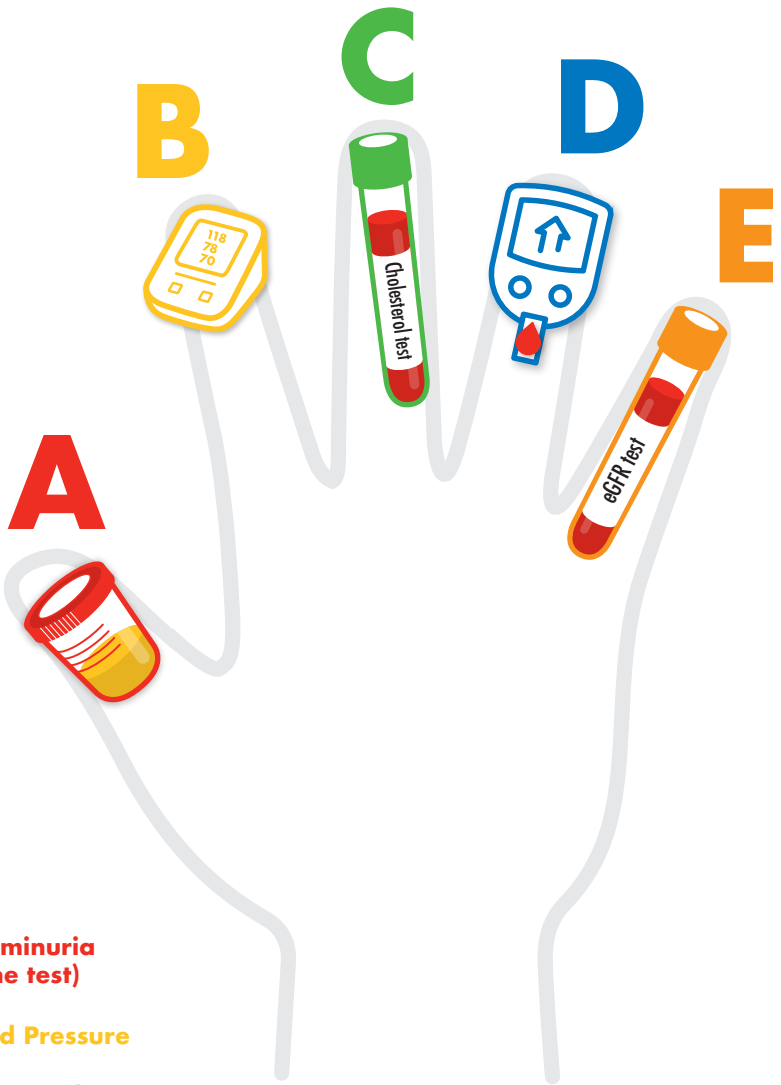
Know your ABCDEs



A Albuminuria (Urine test)

B Blood Pressure

C Cholesterol (Blood test)

D Diabetes Mellitus (Blood test)

E Estimated Glomerular Filtration Rate (eGFR) (Blood test)

Strong Kidneys

Know your ABCDEs to prevent cardiovascular disease and live a longer, healthier life

ABCDE is the acronym used to describe the 5 key parameters that contribute to the risk of cardiovascular and kidney disease. They are corrected by specific treatments that prevent cardiovascular and chronic kidney disease and increase healthy life expectancy:

A

Albuminuria (Urine test)
Albumin in urine indicates kidney damage and cause the loss of the antiaging protein Klotho in the kidneys. Albuminuria allows the identification and treatment of kidney disease before kidney function is lost. It is treated with albuminuria-lowering drugs.

B

Blood Pressure
High blood pressure is both a cause and consequence of chronic kidney disease. Elevated blood pressure accelerates kidney and cardiovascular disease. It is treated with blood pressure-lowering drugs.

C

Cholesterol (Blood test)
Elevated levels of cholesterol in blood contribute to the development of atherosclerosis, increasing the risk of cardiovascular death. It is treated with lipid-lowering drugs.

D

Diabetes Mellitus (Blood test)
Elevated levels of glucose in blood allows the diagnosis and treatment of pre-diabetes and diabetes. Pre-diabetes and diabetes cause kidney and cardiovascular disease. It is treated with glucose-lowering drugs.

E

Estimated Glomerular Filtration Rate (eGFR) (Blood test)
Elevated levels of blood creatinine indicate a loss of kidney function. Kidney function is estimated as eGFR from blood creatinine. Loss of kidney function means kidney disease and leads to accelerated biological aging. Kidney disease is initially treated with kidney-protective drugs that slow the loss of kidney function. Once 90% of kidney function is lost, dialysis or transplantation are needed to replace kidney function.

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Strong Kidneys