

# ST. NICHOLAS HOSPITAL HEALTHSOURCE

## Are You at Risk for Kidney Disease?

More than 300,000 Americans suffer from chronic kidney disease. Unfortunately, kidney disease is a silent disease, and many people are not aware they are losing kidney function until their condition is quite advanced.

The kidneys remove waste products from the blood and excrete them through urine. When kidney function is reduced, the kidneys are not as effective at removing waste products.

If detected early, kidney disease can be treated with diet and medication to slow the loss of kidney function. If kidney disease progresses to a stage where 85-90 percent of kidney function is lost, your physician may recommend dialysis treatment to remove impurities from the blood.

Kidney failure is often related to a chronic health condition. For example, in the United States, diabetes and high blood pressure are the leading causes of chronic kidney disease. If you or someone near to you is among the nearly 70 million Americans affected by these two conditions, you should visit your doctor on a regular basis and follow his/her prescribed treatment.

### Signs and Symptoms of Chronic Kidney Disease

- Blood and/or protein in the urine
- High blood pressure
- A creatinine blood test greater than 1.2 for women and 1.4 for men
- More frequent urination, particularly at night
- Puffiness around the eyes, swelling of the hands and feet, especially in children.

If you notice any of these symptoms, see your doctor or, if you don't have a physician, call Sheboygan Internal Medicine Associates, 452-6000 to schedule an appointment.



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