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Coping with Chronic Kidney Disease- Choose Your Own Adventure

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Choose Your Own Adventure

Coping with Chronic Kidney Disease



Let's Get Started!

Recent studies done by the CDC have shown that 15% of US adults or 37 million people have chronic kidney disease. Of these adults 9 out of 10 do not yet know they are suffering from chronic kidney disease. This disease is the gradual loss of kidney function over time.

Unfortunately signs and symptoms may appear too late, when your kidney's function have become beyond repair.

Symptoms for CKD are described as nonspecific and could resemble other illnesses. These include nausea, vomiting, loss of appetite, change in frequency of urination, swelling of the feet and ankles and shortness of breath. Risk factors that can be controlled are

diabetes, smoking, and obesity. Those factors that can not be controlled are older age, family history, abnormal kidney structure and certain ethnicities such as African Americans, Native Americans and Asian Americans. The purpose of this interactive story is to allow participants to choose health decisions in order to decide their destiny when it comes to living with chronic kidney disease.

— Jessica Honeycutt Firme HLTH 325