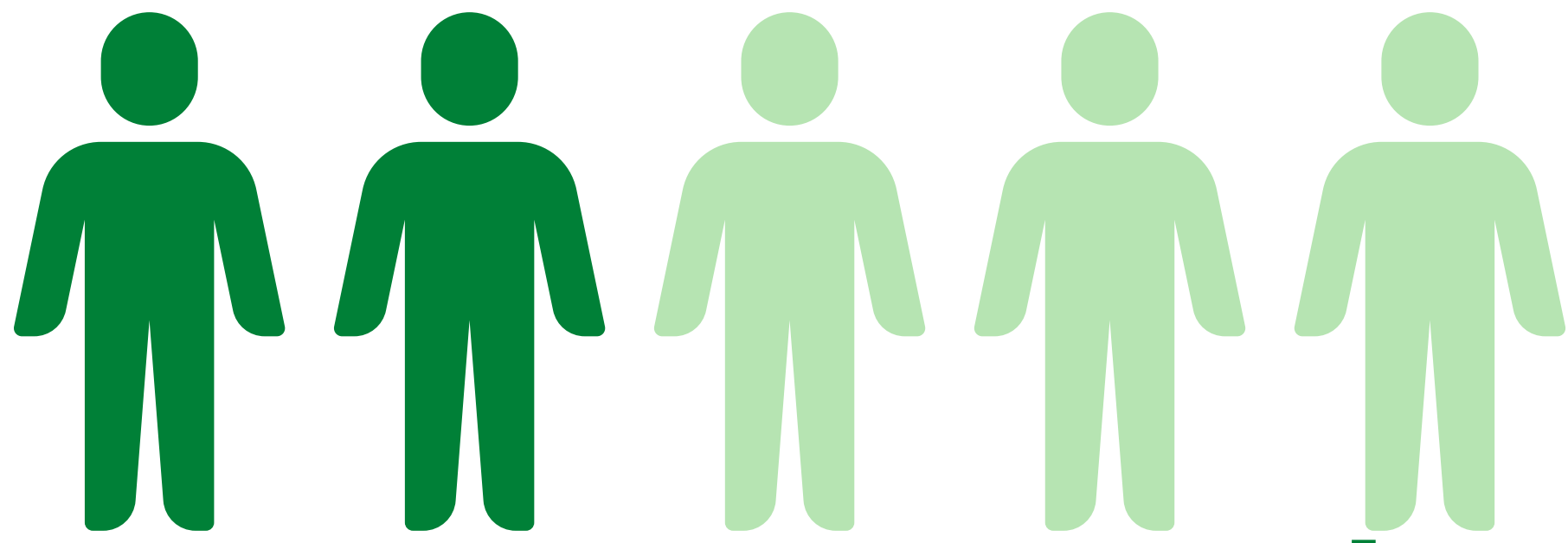


CKD PREVENTION IN NIGERIA



36.1% of the Nigerian population is at high risk for chronic kidney disease

Our mission

Focus on preventative care **1**

LifeStyle Program with meal and exercise plan **2**

Webinar **3**









GoKidney.org website **4**

GoKidney.org

To educate the Nigerian population on methods for the prevention and early detection of chronic kidney disease (CKD).
Including meal planning and healthy lifestyle habits.

The ultimate goal is to fight against the chronic kidney disease epidemic in Nigeria.
Lifestyle Program easily accessible to the public
Focus on prevention over curative medicine

Who is at risk

-  Family history of CKD
-  Hypertension
-  Diabetes
-  Cardiovascular disease
-  Those of African descent with specific alleles for APOL1 gene
-  Elderly
-  Those with a high BMI
-  Men are at a higher risk than women

Why preventative care?

- Cost-effective
- Easily accessible
- Reduce the incidence of end-stage renal disease
- Health education about CKD
- Screen to identify individuals unaware of their underlying health conditions
- Prevent the progression of CKD

- Most effective in reducing kidney disease development and the progression to end-stage renal disease
- reduces the need for renal replacement therapy such as dialysis treatment and kidney transplants

SCREENING

Population-based screening questionnaire

1. What is your gender? Male or Female (circle one)
2. Are you of African descent?
3. Do you consume NSAIDs?
4. What is your primary occupation?
 - a. If you are a farmer, do you use phosphate fertilizers?
5. Are you of low socioeconomic status?
6. What is your age?
7. Do you have a family history of chronic kidney disease?
8. Do you have a family history of hypertension?
9. Do you have a family history of diabetes?
10. Do you have diabetes?
11. Do you have hypertension?
12. Are you considered obese?
13. Do you have a urinary tract infection, or any type of urinary-tract obstruction?
14. Do you have a bacterial or viral infection?
15. Do you have an autoimmune disease?

CAUSAL FACTORS

- Adult Polycystic kidney disease (APKD)
- Viral and bacterial infections: streptococcal, HIV, hepatitis B and C
- Long-term use of NSAIDs
- Urological conditions: reflux nephropathy, urinary obstructions, urinary tract infections

- Diabetes
- Hypertension
- Obesity
- Proteinuria
- Albuminuria
- Interstitial nephritis

- Old Age
- Glomerulonephritis
- Cardiovascular disease
- Exposure to occupational and environmental nephrotoxic chemicals: lead, cadmium, mercury