

KIDNEY

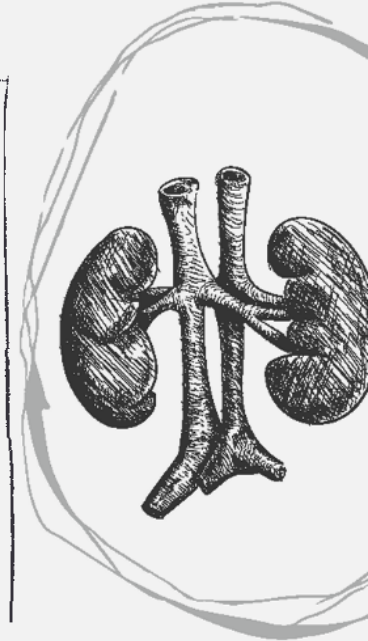
SEMWEN

Iteiten semwenin kidney (CKD) ew soddun semwen foforon a kan seni sopwesopwenon chok nusunon foforon ewe kidney non fansoun nangetam.

CKD a kan fifisichok non aramas kena a kan torir semwenin waar me foun ngasangaser, diabetes mellitus(semwenin suke), tekian pungun ngasangaser, me pwan eouwuchanor.

POROUSEN ÉUKUK

- A kan seni ewe Centers of Disease Control and Prevention(Nenien Tumunun Eukukun Semwen me Pekin Epeti), arapakan **37 minion mi mwukono non US** ra apacha pwe epwene torir CKD, me pwan chomong ngenir rese kan sinei usun.
- A pwan seni ewe National Kidney Foundation:
 - **1 seni 3** Ekewe aramas mi mwukono non Merika mi efeiengaw ngenir semwenin kidney.
 - Nefinen 2000 me 2010, ewe ukukun ngawenon kidney a kan popuseni semwenin suke a kan **napono** ren ekewe Chon Merika seni Asia ierir 30-39.
- An Hawaii we éukukun ngawen kidney a kan **30% tekia** seni ewe awukukun ren unusen fonu. Seni ekkewe Chon Merika seni Asia, Ekewe Chon wesetan Hawaii , me pwan Chon Fonuwen non Pacific ra nomw won dialysis, 26.7% ir re Sapan, 24.7% ir re Filipin, me pwan 17% ir , Ekewe Chon wesetan Hawaii (Kataoka-Yahiro, et al.,2012). Dialysis ii ew safei ngeni aramas kena ina ar kidneys kena ra kan ngaweno.



SAININ ME ESISINAN KEWE

Chomong aramas rese kan mefi ngawen ekkena esinen semwen mi etto seni semwenin kidney tori an ewe semwen epwe an napenon ngawen tetenin . Nge ew chok, en kopwene kan kuna pwe en ka ka mefi napenon eom monu me pwan kisonon pochokunom, ka kan weires ne ekkiek, ngaweno eom mochen mongo, weires ne mour, fitukeom a kan nguutuno nepwin, mwet foun pechom me epinipinin pechom, pwonon orun mesom (akaewin nesosor), pwasenon me pwan pwerukun kinum, ika napenon mochenin eom kopwe chuchu iteiten, akaewin nepwin.

NGAWENON FOFORUN

- Chon Merika seni Asia, Chon wesentan Hawaii Seni Noem, me pwan Ekkoch Chon Fonuwen Pacific kena ra kan sap ngeni ngawen awukukun safei ese foddun fich me pwan awewefesenin non atotongenin non tumunun safei.
 - Mettoch ra kan awununu finitan ren safei ren meinisin (SDoH) a kan fori anapenon weiresin ren aramas ren ar repwe nonom non ew soddun manau mi pochokun me pwan angei foforon safei, tumun, me pwan aninis ra kan mochen.
- Tekian pungun ngasangas, semwenin suke, ew uruwon ew famini ren ngawen kidney, me pwan ren eom ka kan nap seni 60 ir ra kan ekkena aewin napenon ngawen fofor ren poputan semwenin kidney. Ika pwe ra mutir ne kuna, ¹semwenin kidney epwe kan tongeni tumunu.
 - Cheki me ren emon tokter, Nenien Safei non Neniach, Nenien Safei mi Towaw, ika Nenien Safean Chon Hawaii me Noem ika en a kan wor eom noninen ika en a kan tekia ren eom kopwene forata semwenin kidney.

TUMUNUN OMW KEWE KIDNEY

- **Angei Tes!** Eisini noumuwe tokter ren ew albumin-to-creatinine ratio (ACR) tesin chuchu ika ew glomerular filtration rate (GFR) tesin chaam iteiten ier ika en a kan toruk diabetes, tekian pungun ngasangaseom, ka kan nap seni ier 60, ika a kan wor eom uruwon eom famini ren ngawen kidney. Mutirin aiitin me pwan safean epwene kan amangano ika pinei ewe napenon ren semwenin kidney.
- **Ekisano eom iteiten eaeen ren NSAIDs (nonsteroidal anti-inflammatory safei kena).** Kosapwe nengeni ewe awukukun eaeen ra kan pesei. NSAIDs kena repwene kan anepano eom iseisen chonuchon me pwan kan tonongeni akisonon feinonon chaa ngeni ekkewe kidney. Ekkoch awewe ren NSAIDs kena ir ra kan aspirin me pwan ibuprofen.
- **Mongo mi Apechakun.** Mongo ekkena mongo ra kan nap rer potassium, calcium, me pwan magnesium. Ekkei mettoch repwene kan anisi awukuku pungun chaa. Ekkoch awewe kena ren mongo mi kan ur ren nutrient mi pachonong uuch, mango, momiap, puna, bok choy, me pwan spinach seni konik.
- **Taiso iteiten.** Foforon émwokutukut ren esapw kis seni 30 minich ew ran epwe kan nemeni pungun chaam me pwan ekisano suken non chaam ir me ruu ra kan foddun auchea ren pochokunen kidney. Fefetan, pworukun hula, kaeon tai chi, urumwoten cricket, ika fétun ra kan ekkoch soddun ren eom kopwe foforon émwokutukut.
- **Nemenemen pungun chaa me diabetes.** Tekian pungun chaa me diabetes ir ekkewe aewin popun ren semwenin kidney me pwan ngawenon kidney. Ikiseni ew pungun chaa me fan 140/90 mm Hg (ika ewe awukuk noumuwe tokter a kan forata reom).

