

KIDNEY

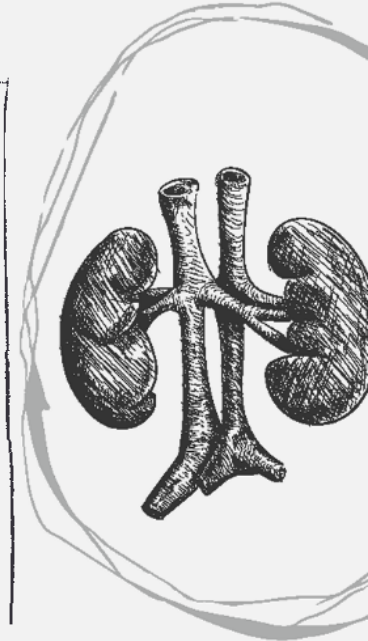
MAS

Mas se inge suc pahngpahng Chronic kidney disease (CKD) pa ohiyac se ma ahkkahlwemye lah kidney luhn mwet se el kahkhsrihk na tillac oruh orekma la ke lusen pacl loes.

CKD kwacna sikyak yurin mwet suc oasr mwesen heart la, mwesen suka, srah fuhlwact, ac fact ahluhweloh ma fal.

MA NACMPUH UH AHKKAHLWEMYE

- Fal nuhke ofuhs luhn Centers of Disease Control and Prevention, apkuhran **sin mwet mahtuh million 37 fin acn Macrike** konweyuckyak lah elos wi mas inge CKD, ac inkaiyaclos tiac etuh.
- Fal nuhke ip luhn National Kidney Foundation:
 - 1 sin mwet Macrike 3** oasr ke sensen in weack mas ke kidney.
 - Inmahsrlon yac 2000 ac 2010, pihsen mwet ma wi mas luhn kidney ma tuhkuh ke srihpen mwesen suka **yohkwelihk pacl luu** yurin mwet Asian American suc oasr ke yac 30 nuhke 39.
- Mas luhn kidney fin acn Hawaii oasr ke **percent 30 yo hk liki** pihsen mwet suc wi fin acn Macrike nohfohn. Inmashlon mwet Asian American, Mwet Hawaii, ac Pacific Islanders ma oasr ke dialysis, percent 26.7 ke mwet Sacpacnese, percent 24.7 ke mwet Filipin, ac percent 17 ke mwet Hawaii oasr ke ohiyac se inge (Kataoka- Yahiro, et al.,2012). Dialysis pa ohiyacn ahknwacsnwacsye srah ke isin in ono nuhsin mwet suc kidney lalos uh muhtwacwack muhnaahslah.



MWE AKUCL AC OHIYAC

Inkaiyacn mwet uh ac tiac puhla ohiyac upac kuh liye mwe akucl yohk ma kuhpahsr nuhke mwesen kidney nwe ke na upaclah mas sac. Tuh sahp kom ac ahkihlwen lah kom muhtwacwack in puhla lah kom ullac liki na meet ah ac srihkeni kuhiyom, upac nuh sum in lohacng nuhke sie ma ke lusen pacl se, ohiyacn mongo lom kuluklac, upac in mutul, muscle keim an ngal ke fong, fahf niyom ac kuhpahsr keim, fahf motom (yohk na ke litutacng uh), puhlamlam ac srihng monom, kuh fususeni fahsr met lom, yohk na in fong uh.

KUHTUH MA SENSEN

- Mwet Asian American, Mwet Hawaii, ac Pacific Islanders oasr ke ohiyac na upac se in eis mwe kahsruh ma fal,wo, ac tuhngalyac enenuh lalos nuhke ip luhn ono.
 - Kuhtuh pac ma suc kuhpahsr nuhke kuh in orek mani kuh pishis kuh kapkapack luhn acn se weacng kuhpahsr kuh tuhkweni luhn mwet fin acn se (social determinants of health – SdoH), kuh in oruh tuh upac yohk nuhsin mwet uh in moulihn sie mouli ma karingihn wo mahnosol ac eis kahsruh luhn ono, mwe karingihn, ac mwe kahsruh suc elos enenuh.
- Srah fuhlwact, mwesen suka, sucu suc oasr mwesen suka ke srahlos, ac ahluhweloh yac 60 pa kuhtuh srihpac yohk ma pwacnacng sie mwet in weack mwesen kidney. Fin sa konweyuckyak, ¹mwesen kidney kuh in karingihnyuck wo.
 - Som nuh yurin daktuh, kuh acn in ono oacna Community Health Center, Rural Health Center, kuh Native Hawaiian Health Center fin oasr elyah lom kuh kom puhla muh oasr sensen yohk lom in weack mwesen kidney.

KARINGIHN KIDNEY LOM AN

- Eis Mwe Srihkasrak!** Siyuck sin daktuh in eis mwe srihkasrak se inge suc pahngpahng albumin-to-creatinine ratio (ACR) nuhke fahsr meet lom (kof) kuh mwe srihkasrak suc pahngpahng glomerular filtration rate (GFR) nuhke srah lom, ac eis ma inge pacl se in yac se fin kom wi mwesen suka, srah fuhlwact, ahluhweloh yac 60, kuh mwesen kidney oasr in sucu lom. Fin sa konweyuckyak ac sa eis ono in kahsruh, ma inge kuh in ahkfihsracyelah kuh karingihn mwesen kidney in tiac sa upaclah.
- Ahsrihkyelah orekmakihnyen ono ma pahngpahng NSAIDs (nonsteroidal anti-inflammatory drugs).** Nikmet eis ahluhweloh luhpah ma fwackyuck kom in eis. NSAIDs uh kuh in ahkyohkyelah luhpan kof ma monum kuh in sruok ac oruh tuh srihkeni fuhfahsryen srah nuhke kidney. Kuhtuh sin ono in NSAIDs pa aspirin ac ibuprofen.
- Eis Mongo ma Wo.** Eis mongo ma yohk potassium, calcium, ac magnesium kac. Ma wo ke ma inge kuh in kahsruh karingihn srah fuhlwact. Kuhtuh sin mongo ma kahsruhpa ke ma wo inge pa usr, macngko, es, pahsruhk, bok choy, ac water spinach.
- Ahsrosr pacl nuhkewa.** Ahkyohkye pacl in ahsrosr ke lusen minit 30 ke kais sie lwen kuh in karingihn srah fuhlwact ac ahksrihkyelah suka ke srah lom, suc kewa na yohk srihpac nuhke fokokoien kindey. Fahsr, tacn (hula), oruh tai chi, srihtacl cricket, kuh kalkal pa kuhtuh ma suc kom kuh in oruh tuh kom in kwacna mukwikwi.
- Karingihn srah fuhlwact ac mwesen suka.** Srah fuhlwact ac mwesen suka pa srihpac yohk emeet in pwacnacng muhnaahsla luhn kidney ac muhsallah. Liyacng fuhlwactiyen srah lom an in oan ke 140/90 mm Hg (kuh luhpa ma daktuh lom an oakiyac nuhsun).

