

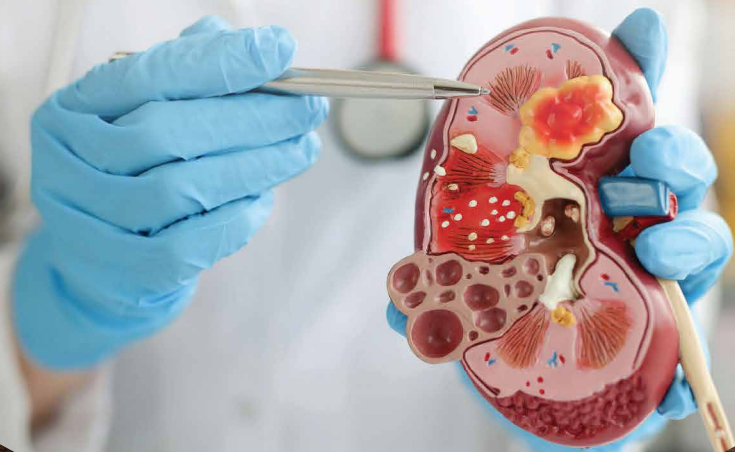
QUICK FACTS:

CHRONIC KIDNEY DISEASE

Mei kawor non kapasen Merika, Chuuk, Ilokano, Korea, Mandarin,
Maasan, me Samoa

Ka tongeni anea non kapasan ekkewe ekkòdòch fènù me won ei website:
www.malamakidney.com/QuickFacts

PRESENTED BY:
MALAMA KIDNEY CENTER
KOKUA KALIHI VALLEY



SCAN FOR
OTHER LANGUAGES



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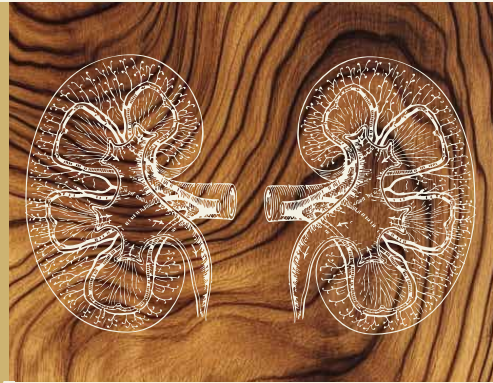


Nupwen kopwe rong seni noumw tokter pwe a uruk semwenin kidney, chechemeni pwe mei pwan chomwong chiechiomw mei tur non ei semwen. Non fonuwach Hawaii, mei nuu seni ukuukun 200,000 aramas mei nomw rer ewe semwenin kidney ika CKD. Kopwe kaeo ngeni porousen ei semwen CKD, pwe

MET SOKKUN EI SEMWEN CHRONIC KIDNEY DISEASE (CKD)?

Kidney ew pisekin non inisich mei auchea. Ach kewe kidney mei anisi mwokutukutun inisich iteiten raan, ikkei met ar angang me non ewe inis:

- Mworei chaan non inis, eimwuni kiten chenun mwongo ren kiten soon me konik me non inisich
- Anisi fetanin oxygen seni non cha ngeni inisich
- Eukuuku fetanin cha me non inisich
- Ineti eochu fetanei ekkewe chenun faitamin ren soon, calcium, potassium, me phosphorus me non inisich



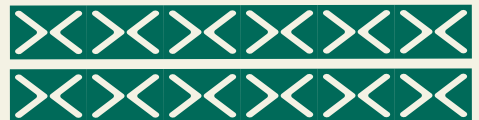
CKD a tongeni tori ekkewe aramas mei uriir semwenin feita cha me semwenin suke non fansoun nakattam. Ika mei pwan wor semwenin kidney mei neoto seni ach kewe famini me neo, ren polycystic kidneys, lupus, me IgA nephropathy iwe epwe pwan mecheres tori uri kich ei CKD. Ach weweiti nepopun ei semwen, ina met epwe anisi kich ach sipwe sinei tumwunun ach kewe kidney.





Ika a poputa ne ngaw ach kewe kidney, iwe ra poputa ne weires ne fori ar kewe angang me non inisich. Mei ámáiru pwe ese pwan wor sainen nepoputan an a poputa ngaw ach kewe kidney, aweve ren metek. Sisapw mwo sinei nge a fen ser nupwan. Ina pwata ekkoch ra eita ngeni ei sokkun semwen “silent killer” – wewen nge mei ánnesona non an nii kich. Ren ach sipwe sinei porousen ach kewe kidney, epwe chok tongeni ffat ren ach sipwe angang cha ika ani ekkewe tes epwe pwisin kawor seni nouch tokter.

Nupwen an a ngaw omw kidney, sise pwan tongeni chiwen eniwini met ekkewe a ngaw me won. Ika pwe e pwá kkái an uruk ei semwen, iwe noumw ewe tokter epwe anisuk ne ota ngonuk tumwunun inisumw ren ei semwen pwe ete chok ser nupwan iwe ka nomw won dialysis ika kidney transplant. Ina pwata mei auchea kopwe epwenuetá omw churi noum ewe tokterin kidney.



MET SOKKUN TES TOKTER EPWE NGENI EI

Noum ewe tokter ika tokterin kidney epwe cheki omw kewe kidney fan ew non ew year. Epwe mwechen kopwe angang cha me angei omw kiten konik. Omw cha epwe pwarata ukuukun omw Glomerular Filtration Rate (GFR), ika a ifan ukuukun nusun pochokunen omw kewe kidney. Ewe kiten konik epwe pwarata ACR, tesin ika mei wor protein non omw kiten konik. Ei a esissinata pwe a ngaw om kewe kidney.

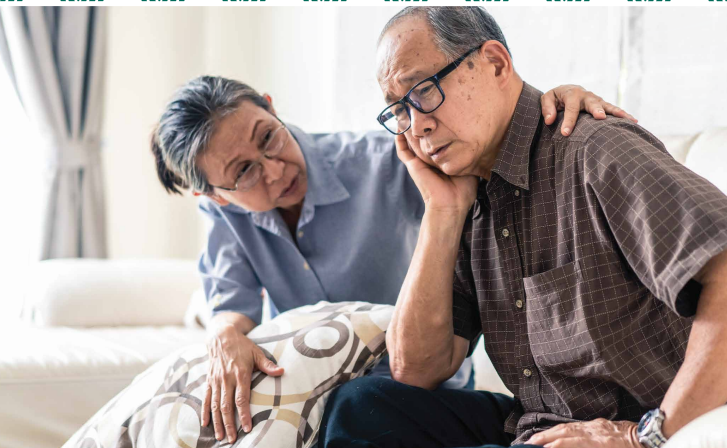
Mei auchea kopwe fokkun sennongei ika pwe noum ewe tokter a mwechan kopwe mina ekkei tes. Iei nepoputan ami opwe angang fengen pwe epwe tumwun porousen omw ewe semwen.



MET UPWE MEFI IKA PWE A NGAW AI KEWE KIDNEY?

Nepoputan kesapw mefi och mettoch. Nge ika a feffeino, ka nomw nukanapan iwe ikkei met esissinen:

- **MENUNU**
- **KESE MWON ONOMW**
- **WATTE OMW FEITA CHA**
- **WEIRES OMW NGASANGAS**
- **NGUT PECHEOM, KIPWININ ME APACHAPACHOM**



MET UPWE FORI REN TUMWUNUN AI KEWE KIDNEY?

- Apwenueta omw fansoun churi noum ewe tokter, pwan nikitu ngeni ekkewe unumomw ika omw safei.
- Nikitu ne cheki omw feita cha pwe kopwe pwan sinei eochu nampan epwe wewe ika áchás ngeni ewe nampa mei fich ngonuk seni tokter.
- Nikitu ne cheki omw suke pwe kopwe pwan sinei menni nampa kopwe keukeoch won.
- Choumw ika pounomw epwe chok ukuukeoch ngeni inisumw.



- Siwini kokkotun onomw mwongo ika pwe ina met tokter e erenuk.
- Keuno me un supwa. Pwan ekisa-no omw angei sakau me drugs. Porous ngeni noum ewe tokter ika pwe mei weires, pwe repwe kutta ngonuk ion epwe anisuk non ei pekin.
- Keuno me angei ekkewe safei mei efeingawa om kidney awewe ren NSAIDs ika ibuprofen (Advil™, Motrin™) me naproxen (Aleve™).

Porous ngeni noum ewe tokter ren omw kopwe sinei ika pwan menni safei mei ngaw ngonuk.



TUMWUNU Eochu Onomw

Potassium mei namwot ngeni inisich. Nge ika a koon pwan nuno, iwe mei tongeni epwe pwan awora osukosukan ach ngasangas. Ekkewe mei uriir semwenin kidney mei namwot repwe tumwunu eochu ener mwongo met mei tongeni awateta ukuukun ar potassium. Sipwe pwan chechemeni pwe mei wor ekkoch semwenin kidney ese pwan pachenong non ei porousen potassium. Noum ewe tokter epwe cheki chaomw pwe opwe fateoch fengen ika mei ukuukeoch.

tNape ngeni anach kewe mwongo mei watte potassium non, mei pwan watte ekkewe ekkoch faitamin non, aweve ren fibers. Kesapw ekisano omw potassium, me nukun chok ika ina met noum ewe tokter a apasa ngonuk. lei popun mei auchea kopwe churi noum ewe tokter me mwen om kopwe siwini kotun onomw mwongo fan iten keukun ewe potassium ngonuk.

FRUITS:

Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate, dried apricots, raisins

VEGETABLES:

Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, leafy greens, tomatoes, cucumbers, zucchini, eggplant

LEGUMES:

Beans, peas, lentils, soybeans, refried beans, baked beans

NUTS:

Almonds

Other: Whole-wheat flour, brown rice, bran, chocolate, granola, molasses, peanut butter, salt substitutes



IFA USUN AN NEIWE TOKTER EPWE ANISIEI ?

Chomwong sokkun semwen mei tongeni esenipa omw semwenin kidney ika CKD, ina pwata mei auchea churi tokter pun kopwe sinei menni nein omw kewe semwen a angawano omw kewe kidney.



Semwenin suke me feita cha, ikkena ekkena semwen ra tongeni esenipa ngawonon omw kewe kidney. Ina pwata nupwen noum ewe tokter epwene ngonuk safeian omw ewe semwenin kidney, mei pwan chechemeni met safei epwe pwan eochu ngonuk ren ekkewe ru semwen ika menni neiir ke nomw won.



Ika pwe mei uruk ew me neiir ika fen me ru ekkewe semwen mei affatetiwi, iwe a fokkun namwot kopwe epwonueta kokkotun unumomw kewe safei. Ika pwe mei wor osukosuken inisumw ren ekkewe safei kopwe angei, iwe kopwe mwittir esine ngeni noum ewe tokter pwe epwe pwan fateoch kokkotun mwirin.



MET UPWENE FORI IKA PWE A WESSEN NGAW AI KEWE KIDNEY?



Ika pwe a wessen ngaw omw kewe kidney, iwe mei eoch kopwene nomw won ekkewe safei mei kawor fan iten ei semwen. Non ei fansoun a eochu seni ekkewe fansoun nomw pokiten a wor ekkei sokkun safei an ammangano kitetterin omw kewe kidney. Nge ewin, mei auchea kopwe sinei eochu porousan ewe semwen me ekkei safei.

Ewe re eita ngeni dialysis, ina ena a koon teru ngeni ekkei mei uriir ei semwen. Ei sokkun safei a anisi ekkewe kidney ne mworei ewe cha.



MEI WOR RU SOKKUN DIALYSIS:



⇒ HEMODIALYSIS

ei ewin sokkun, si aia ewe mwesin an epwe nimeti chaan non inisich. Kich mei tongeni angei me non ekkewe dialysis ika pwan me non imw.

⇒ PERITONEAL DIALYSIS

ei oruwan, iwe si aia ewe paip me seni ngeni puwach. Sipwe opwosonong safei epwe nimetau ekkewe kitengaw me non inisich. Ei sokkun safei en mei tongeni mina me non imw.

PWAN EKKOCH PEKIN SAFEIAN CKD MEI PACHENONG:

KIDNEY TRANSPLANT

Iei e re kan reirei pwe epwe siwin ewe kidney mei ngaw ngeni ew mei eoch. Ei pekin safei mei nifinifin ngeni ion epwe tongeni aia. Me mwen mettoch meinisin, epwe akomw wor apwungupwung won porousen ewe aramas ika pwe mei masengeni an epwe angei ewe safei. Ika pwe en mei passini ena ewin kinikin, iwe epwene makketiw itomw non ewe tettenin itan aramas repwe reirei ren ar kidney. Ei sokkun safei mei tongeni epwe fitu year me mwan an epwe tongeni kokko itomw me won ewe tettenin iit. Kopwe uti tori an epwe wor ewe foun kidney kopwe aia. Ren ei wewe, iwe kopwe sopweno omw dialysis tori omw kopwe tongeni reirei.

CONSERVATIVE MEDICAL MANAGEMENT

Ei sokkun tumwun, iwe iei an ewe aramas pwungun finata pwun esapw nomw won ekkewe safei mei watte. Epwe chok safeian metek me met epwe ekinamweii inisin. A pwisin non an ewe aramas finata pwe epwene chok tumwunu eochu anan me inisin non pwisin an tumwun non ekkewe nusun fansoun mei chiwen wor ren.

Meinisin ekkei tettenin safei mei wor eochur mei pwan wor ngawer. Mei auchea kopwe pwisin esinnaeochu met mefian inisumw, pwe epwe fateoch omw ekiek ika menni nein ekkewe pekin safei kopwe angei.

NENGENIEOCHU MENNI NEIN KOPWE FITI

Mei auchea kopwe pwan poporous ngeni omw famini me chon winiorumw ren porousen inisumw ren omw ewe semwen me met ekkewe safei ka ekiekin angei. Mei tongeni anisi ne affata omw ekiek.

Pwan porous ngeni noum ewe tokter an epwe wor noum ewe “advance directive.” Ei taropwe epwe affatatiw met mefian netipomw ren omw ewe semwen me omw safei non fansoun omw kese chiwan tufichin porous.

Pwan chechemeni pwe mei wor ekkewe aramas iir mei tongeni awewe ngonuk ekkei tichikin ekkei porous. Noum ewe tokterin kidney ika ekkewe program usun ewe Mälama Kidney Center will iir minne repwe awewe ngonuk ekkei tichikin porous. Mei auchea kopwe weweiti anononun ew me ew ekkewe pekin safei pwe kopwe sinei menni a fich ngeni tumwunun inisumw.

ANGANGAN ME POPUNAPEN A FÈRITA SENI EKKEI PUTAI ME KOPENI.

Ei pekin assukkun ren CKD a fèèr an epwe anisikich non kapasan fènùwach me ach èoreni mei awenewen ngeni CKD. Ach enletin kinisou ngeni ekkewe ir mei pèunong me ekkewe ra awora monian ach sipwe tongeni fèèri ei angang fanitan ach kewe community. Ach enletin kinisou me mwareiti Julia Takata ren an tumwunù fisièochùn ei angang.

