

DR. SAGAR GUPTA

CONSULTANT, NEPHROLOGY & KIDNEY TRANSPLANTATION

MBBS – Maulana Azad Medical College, New Delhi

American Board Certified (ABIM)– MD Medicine & Nephrology

American Society of Transplantation – Kidney transplant

KIDNEY DISEASES: Signs & symptoms, Risk Factors

➤ Do you suffer from **Diabetes mellitus** (high blood sugar)?



➤ Do you have **swelling** over any body parts (legs, face, hands)?



➤ Do you suffer from **Hypertension** (high blood pressure)?



➤ Do you have **family history** of kidney diseases / dialysis OR kidney transplantation?

➤ Have you observed any **reduction in urine** amount?

➤ Do you have a history of **kidney stones** or recurrent **urine infections**?

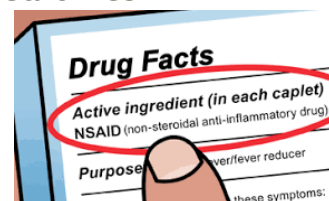


➤ Do you notice your **urine** to be very **frothy (bubbly)**?



➤ Do you see any **blood in urine** / red- black colored urine?

➤ Do you take **pain medicines** (NSAIDs: Ibuprofen, Diclofenac, Ketorolac, Naproxen)?



➤ Do you have **shortness of breath** (breathlessness) on lying down or with minimal exertion?



➤ Are you **overweight or obese**?



➤ Do you have **liver or heart** problems?



If your answer is YES to any of the above questions, you may have or be at increased risk of kidney diseases. Please see a Nephrologist (Kidney doctor) for more information and testing.

Note: This is for general information only. Please talk to the doctor for specific advice and instructions.

www.allaboutkidneys.com ✉ Email: sgnephrology@gmail.com

Phone: 9319752096