

Risk factors and causes ^[1]

Because chronic kidney disease happens over time, it is important that those at risk be diagnosed early so they can take steps to help prolong their kidney function and hopefully prevent end stage renal disease (ESRD) or kidney failure. The following signs, symptoms and conditions indicate that it would be a good idea to visit a doctor and ask for a kidney check:

- diabetes
- high blood pressure
- family history of kidney disease
- changes in urination including:
 - going more frequently or less often
 - color becoming darker
 - foamy or bubbly
- feeling tired
- feeling weak
- feeling cold all the time
- shortness of breath
- swelling in face, feet or hands
- nausea or vomiting
- loss of appetite
- metallic taste in the mouth
- not wanting to eat meat
- mental confusion

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