17 Early Signals Your Kidneys Need Help (Before It’s Too Late) Transcript

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Intro

Here's something that will change the way Here's something that will change the way you look in the mirror you look in the mirror tomorrow morning. Your tomorrow morning.

Signals Hiding in Plain Sight

Your kidneys can kidneys can lose up to 70% of their lose up to 70% of their function before you function before you feel feel feel sick. 70%???????, ?? sick. 70%???????, ?? ?? ??? ???, ???? ?? ??? ???, ???? ????????? ????? ????????? ????? ??????????, ?? ???? ??????????, ?? ???? ?? ???, ????? ?????? ?? ???, ????? ?????? ??? ??????? ??? ??????? ?????????? ?????. But, and this is the part that gives, and this is the part that gives me hope, your body me hope, your body hasn't been silent all hasn't been silent all these years. ???? these years. ???? ??????? ???. The signs ??????? ???. The signs are visible right on are visible right on your skin, in your eyes, in your skin, in your eyes, in the toilet, on your the toilet, on your nails. The problem is not that there are no signals. The problem is that no signals.

Root Cause Approach to Symptoms

The problem is that almost almost almost no one knows what to look for or what they no one knows what to look for or what they are looking at. Welcome to Kidney Health with Kidney Health with Dr. Bisma. I am Dr. Bisma. I am Dr. Bisma Irfan, a Dr. Bisma Irfan, a physician whose mission is to help you help you break free from break free from symptom management symptom management and start living a life of complete and start living a life of complete health. ????? ?? health. ????? ?? ????????? ??????, ????????? ??????, ??????? ??????? ??????? ??????? ??????????? ????????, ??????????? ???????, ??????????? ??????? ?? ?????????? ?? ?????????? ???????? ??? ????? ???????? ??? ????? ??????'??. Your recipe for ??????'??. Your recipe for vitality vitality vitality starts now.

Signs 1u20134: Foamy, Bloody, Dark & Cloudy Urine

Hello everyone, I am Dr. Hello everyone, I am Dr. Bisma Irfan, a Bisma Irfan, a board-certified board-certified board-certified nephrologist, and I nephrologist, and I help people help people find and treat find and treat the root cause of the root cause of kidney disease, rather than just kidney disease, rather than just watching and watching and waiting. So today waiting. So today I'm going to tell you about 17 I'm going to tell you about 17 signs of signs of kidney problems that you kidney problems that you can actually can actually see. Things you see. Things you can notice on your can notice on your own without own without any any any lab lab lab analysis. And I'm not doing this to scare you. ? ????? ?? scare you. ? ????? ?? ????, ?? ????? ????, ?? ????? ????????? ?????? ????????? ?????? ?????? ??? ??? ?????? ??? ??? ???????? ?????, ? ???????? ?????, ? ?????, ??? ????????? ?????, ??? ????????? ?? ??????, ? ???? ?? ??????, ? ???? ????????? ?????????.

Sign 5: Nighttime Urination (Nocturia)

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. For me, each of these For me, each of these signs is a door, not a signs is a door, not a terminal stop.

Signs 6u20139: Swelling in Feet, Face, Hands & Abdomen

A change in the condition of your A change in the condition of your skin, urine, and nails is the end of a story is the end of a story that almost always that almost always begins somewhere begins somewhere deeper: in the gut, deeper: in the gut, immune system, immune system, blood vessels, blood vessels, toxic toxic toxic load, and sometimes load, and sometimes even even even long-term long-term long-term stress. The visible sign is just where this is just where this deeper process deeper process finally comes to the finally comes to the surface. ???, surface. ???, ??????????? ??, ?? ??????????? ??, ?? ?????? ???????? ?????? ???????? ??????????, ???????????, ???????????, ????????? ?????? ????????? ?????? ?????? ???????????? ?????? ???????????? ??? ?? ????????? ??? ?? ????????? ???????, ?? ????? ? ???????, ?? ????? ? ?????????? ??? ???? ?????????? ??? ???? ????????. Not just ????????.

Signs 10 & 11: Skin Pallor & Color Changes

Not just what kind of symptom is this, but what kind of symptom is this, but why did it arise and why did it arise and what causes it? That's what causes it? That's where where where true healing happens.

So let's So let's train your vision. Let's start with where Let's start with where your kidneys speak your kidneys speak most clearly: your urine. ????? ??????—??.

Sign 12: Relentless Skin Itching

????? ??????—?? ????. Healthy urine ????. Healthy urine may bubble a little may bubble a little and and and settle quickly. ???? ?? settle quickly.

Signs 13 & 14: Dry Flaky Skin & Uremic Frost

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???????????. In fact, this In fact, this provokes even more provokes even more damage in a damage in a vicious circle. If vicious circle. If you regularly see you regularly see foam, this is a prime foam, this is a prime reason to get a reason to get a simple urinalysis done.

Sign 15: Half-and-Half Nails

Complete Complete urinalysis and urinalysis and albumin to albumin to creatinine ratio. The second creatinine ratio. The second visible sign is visible sign is blood. ???? ????????, blood.

Sign 16: Easy Unexplained Bruising

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Sign 17: Muscle Wasting & Shortness of Breath

So don't panic, but never panic, but never make assumptions. Visible blood in the urine Visible blood in the urine should always should always be checked. ??????? be checked. ??????? ???? ??? ???????. ? ???? ??? ???????. ? ???? ?? ???????? ???? ?? ???????? ?????? ????? ?? ?????? ????? ?? ????????, ?? ?????? ????????, ?? ?????? ?????????? ?? ?????????? ?? ??????? ???????? ??????? ???????? ???????, ? ?? ?????? ???????, ? ?? ?????? ?????. The third sign is the color in the other is the color in the other direction. Urine that is direction. Urine that is

consistently dark, like consistently dark, like strong tea, even strong tea, even if you drink if you drink enough water.

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High-Risk Groups (Who Needs to Watch Closely)

Your urine is a Your urine is a daily daily daily lab report lab report that your body that your body provides to you provides to you for free. The secret is to for free. The secret is to just just just look at her. The fifth sign is a change in fifth sign is a change in the volume and frequency of the volume and frequency of urination. This is a urination. This is a subtle change, subtle change, so you have to be so you have to be careful. Both noticeably careful. Both noticeably more and noticeably more and noticeably less urine less urine than usual can than usual can indicate indicate indicate problems. But what problems.

Quick Recap of All 17 Signs

But what I want to emphasize in I want to emphasize in particular is nighttime particular is nighttime urination: one, urination: one, two, or several times a two, or several times a night. Healthy kidneys night. Healthy kidneys concentrate urine concentrate urine at night so you can at night so you can sleep uninterrupted.

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Warning: Signs vs. Diagnoses

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Red Flag Symptoms Requiring Immediate Care

It was only when we did a complete we did a complete renal complex that we renal complex that we discovered that her discovered that her filtration filtration filtration capacity had imperceptibly capacity had imperceptibly dropped to 45. Her kidneys were dropped to 45.

Key Takeaways & Advocating For Your Health

Her kidneys were quietly collapsing, and quietly collapsing, and these nighttime hikes were a these nighttime hikes were a wake-up call that no one heard.

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Root-Cause Assessment & Next Steps

People blame puffy blame puffy eyes on poor sleep, eyes on poor sleep, but morning but morning facial swelling is

a classic early is a classic early sign of sign of kidney problems. The eighth kidney problems.

Outro

The eighth sign is swelling of the hands: sign is swelling of the hands: rings that have suddenly rings that have suddenly become tight, fingers that feel that feel stiff like stiff like sausages. And the ninth, in sausages. And the ninth, in more advanced more advanced cases, is a bloated, cases, is a bloated, enlarged abdomen enlarged abdomen due to due to fluid accumulation there. Edema fluid accumulation there. Edema can have many can have many causes, including causes, including heart or heart or liver problems. So I'm not liver problems. So I'm not saying that every saying that every swollen ankle is the kidneys, but is the kidneys, but unexplained persistent unexplained persistent swelling, especially in swelling, especially in multiple places, is a multiple places, is a signal from your body signal from your body to check deeper.

Now let's talk about Now let's talk about your skin, because it's your skin, because it's one of the one of the most honest most honest most honest indicators of indicators of kidney health, and there are kidney health, and there are a few a few things you can notice here. The tenth sign is pale skin that is pale skin that has lost its color and has lost its color and looks exhausted.

That's why. Healthy That's why. Healthy kidneys produce kidneys produce the hormone erythropoietin, the hormone erythropoietin, EPO, which signals the EPO, which signals the bone marrow bone marrow to produce red blood cells. When kidney function. When kidney function declines, the level of this declines, the level of this hormone decreases.

You produce fewer You produce fewer red blood cells, red blood cells, anemia occurs, and this anemia occurs, and this manifests as manifests as paleness of the face, paleness of the face, palms, and the palms, and the inside of the inside of the lower eyelids.

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????? ????????. You can often see its You can often see its traces in the form of traces in the form of scratches on the arms and scratches on the arms and back. When waste products back. When waste products build up in build up in the blood, they the blood, they irritate the skin irritate the skin from within, and itching is from within, and itching is usually worse usually worse at night. People at night. People visit all visit all possible specialists and possible specialists and try all the creams try all the creams before anyone even before anyone even thinks thinks thinks to check their kidneys. The thirteenth related thirteenth related symptom—the skin becomes symptom—the skin becomes very dry, rough, and very dry, rough, and flaky, as flaky, as diseased kidneys diseased kidneys disrupt the balance disrupt the balance of minerals and the function of the of minerals and the function of the sebaceous glands that sebaceous glands that moisturize the skin.

I will also mention I will also mention the fourteenth, the fourteenth, rare symptom that rare symptom that only appears only appears in very advanced in very advanced diseases: small white diseases: small white crystals on the skin, crystals on the skin, like frost, when like frost, when waste waste waste is literally pushed out through is literally pushed out through sweat. This is sweat. This is rare, but it is a rare, but it is a dramatic dramatic dramatic reminder that reminder that the skin really does take on what the the skin really does take on what the kidneys can't kidneys can't excrete. So excrete. So don't ignore your don't ignore your nails, because they are the fifteenth sign, and fifteenth sign, and they can tell a lot they can tell a lot. Long-term. Long-term kidney disease can kidney disease can cause a cause a cause a specific condition specific condition called called called “half-nails” “half-nails” : the bottom of the nail : the bottom of the nail appears white and appears white and the top is dark brown or

brown or pink with a clear pink with a clear border between them. You border between them. You may also may also notice hard or notice hard or brittle nails that brittle nails that peel easily, or peel easily, or pale nail beds, pale nail beds, which is a sign of the anemia which is a sign of the anemia we talked about.

Most people Most people never pay never pay attention to their nails, attention to their nails, but it's worth doing so. The 16th sign is a 16th sign is a tendency to tendency to bruise and bruise and unexplained spots on the unexplained spots on the skin. Bruises that skin. Bruises that appear from appear from blows that you blows that you don't even remember don't even remember or that take too long to or that take too long to disappear. When disappear. When kidney function kidney function declines, it declines, it affects affects affects blood clotting and makes blood clotting and makes small blood vessels small blood vessels fragile. Therefore, bruises fragile. Therefore, bruises appear more easily and appear more easily and become more noticeable become more noticeable than before. And the 17th than before. And the 17th sign is noticeable in the way a person moves a person moves and breathes. Noticeable and breathes. Noticeable muscle wasting and muscle wasting and unintentional unintentional unintentional weight loss, which makes a person weight loss, which makes a person seem to be shrinking in seem to be shrinking in size, as well as size, as well as mild shortness of breath, mild shortness of breath, the need to the need to the need to prop up pillows prop up pillows to sleep, or a lack of to sleep, or a lack of air on stairs air on stairs that were previously that were previously climbed without climbed without problems. This shortness of breath problems. This shortness of breath occurs for two reasons at the occurs for two reasons at the same time. The anemia same time. The anemia we discussed we discussed means less oxygen is carried around the body, and excess, and excess fluid can fluid can build up in the build up in the lungs. If you lungs. If you see someone see someone losing muscle mass losing muscle mass and getting tired quickly, the and getting tired quickly, the kidneys kidneys kidneys should definitely be on the list of should definitely be on the list of suspects. But I suspects. But I must make this clear must make this clear.

. Sudden or severe Sudden or severe shortness of breath is never something to ignore. This is a ignore. This is a situation where you should situation where you should immediately call immediately call a doctor or go for a doctor or go for an examination, as an examination, as it may indicate it may indicate problems with the heart or problems with the heart or lungs as well as lungs as well as with the kidneys. Before we with the kidneys. Before we wrap up, wrap up, let me tell you who should be who should be most careful most careful about these signs, about these signs, as some people are at as some people are at much higher risk much higher risk and should be and should be especially vigilant.

If you have diabetes, you If you have diabetes, you are at the are at the highest risk. Diabetes is the absolute Diabetes is the absolute leading cause of leading cause of kidney disease kidney disease worldwide, and your worldwide, and your kidneys need kidneys need regular regular regular preventative preventative preventative checkups, checkups, checkups, whether you see these whether you see these signs or not. The same signs or not. The same goes for high goes for high blood pressure, blood pressure, which is the second which is the second leading cause.

Add to that a Add to that a family history of family history of kidney disease, which kidney disease, which significantly increases your significantly increases your risk. Autoimmune risk. Autoimmune diseases, such as diseases, such as lupus, which can lupus, which can directly directly directly affect the kidneys.

A history of heart disease, A history of heart disease, age over 60, and age over 60, and long-term use of long-term use of certain medications, certain medications, especially especially especially over-the-counter over-the-counter over-the-counter anti-inflammatory anti-inflammatory anti-inflammatory painkillers, which painkillers, which many people take many people take every day without every day without thinking, can thinking, can actually actually actually harm the kidneys over time. If harm the kidneys over time. If you recognize yourself in you recognize yourself in any of these any of these risk categories, don't risk categories, don't wait until the signs wait until the signs become too much.

Do a baseline Do a baseline analysis now while things analysis now while things still look good so we have something to so we have something to compare to later.

So, let's So, let's count them, because count them, because seeing them all together is amazing. Foamy is

amazing. Foamy urine, blood or urine, blood or discoloration of urine, dark discoloration of urine, dark urine, cloudy urine, urine, cloudy urine, changes in the amount and changes in the amount and frequency of frequency of frequency of urination (especially at night), especially at night), swelling of the ankles and swelling of the ankles and feet, puffiness of feet, puffiness of the face and eyelids the face and eyelids in the morning, swollen hands, enlarged abdomen, enlarged abdomen, pale skin, pale skin, yellowish or grayish yellowish or grayish tint to the face, tint to the face, itching that leaves itching that leaves marks from marks from scratching, dry, flaky scratching, dry, flaky skin, skin, skin, crystals in advanced crystals in advanced cases, brittle nails, tendency to, tendency to bruise, and bruise, and noticeable muscle noticeable muscle weakness with shortness weakness with shortness of breath. 17 signs, and of breath. 17 signs, and none of them none of them require require require laboratory laboratory laboratory tests. Before we tests. Before we go any further, I have go any further, I have something important to say, something important to say, and I want to say it and I want to say it bluntly. None of these bluntly. None of these signs signs signs is a diagnosis in itself. Each of is a diagnosis in itself. Each of these can be caused by these can be caused by something completely unrelated something completely unrelated to the kidneys.

Foamy urine can Foamy urine can be completely be completely harmless. Swelling harmless. Swelling can occur can occur due to due to heart problems or from being heart problems or from being on your feet all day on your feet all day. Fatigue can. Fatigue can be the result of hundreds of be the result of hundreds of different causes. So different causes. So please do not please do not use this use this list to list to diagnose yourself, and diagnose yourself, and please do not panic please do not panic if you recognize if you recognize one of the symptoms in yourself.

Use this as Use this as a clue, a reason a clue, a reason to contact to contact a specialist who can a specialist who can conduct a proper conduct a proper examination. Some of examination. Some of these signs should never be ignored. Noticeable ignored. Noticeable blood in the urine, sudden blood in the urine, sudden or significant swelling, and or significant swelling, and true shortness of breath all require all require immediate medical immediate medical attention, as they may attention, as they may indicate indicate indicate kidney, kidney, kidney, heart, or lung problems heart, or lung problems that require that require prompt prompt prompt treatment. This episode treatment. This episode is designed to keep is designed to keep you informed, you informed, not to replace a not to replace a medical examination.

That's what I really want That's what I really want you to take away from you to take away from this. First, your this. First, your body is constantly body is constantly communicating with you.

These signs are not These signs are not random failures, they are random failures, they are signals, and the signals, and the only question is whether only question is whether you pay attention to them you pay attention to them. Second,. Second, please don't wait please don't wait until you have until you have many of these signs many of these signs at once. Kidney diseases are often detected late precisely are often detected late precisely because each individual because each individual symptom can easily symptom can easily be explained by other be explained by other causes. ? ?????? causes. ? ?????? ????. ? ?'?? ???????? ????. ? ?'?? ???????? ????. ? ?????? ??????.

One sign on its One sign on its own may not own may not mean anything, but two or mean anything, but two or three together—especially three together—especially if you have if you have risk factors like diabetes, risk factors like diabetes, high blood high blood pressure, or hereditary pressure, or hereditary kidney disease—is a kidney disease—is a signal to take action. And thirdly, this is something I will thirdly, this is something I will say twice. Don't say twice. Don't wait for someone wait for someone else to tell you to get your else to tell you to get your kidneys checked.

?????? ??? ???? ????. If you notice these If you notice these signs, ask for a signs, ask for a comprehensive comprehensive comprehensive kidney examination.

Ask about Ask about GFR, GFR, GFR, creatinine level, protein in creatinine level, protein in urine, and urine, and urinalysis. These are urinalysis. These are simple and inexpensive simple and inexpensive tests, and detecting the tests, and detecting the problem at this problem at this stage, when it is still stage, when it is still visible from the outside, means we have a multitude of we have a multitude of treatment options treatment options internally. We

can internally. We can investigate what exactly investigate what exactly causes it. We can causes it. We can intervene in ways that actually that actually slow or slow or stop the decline and stop the decline and even improve even improve kidney function. We kidney function. We can change the can change the course of events before it course of events before it reaches the reaches the dialysis chair. Your dialysis chair. Your kidneys quietly kidneys quietly filter 200 liters of filter 200 liters of blood every day, never blood every day, never demanding thanks.

The least we The least we can do is can do is learn to read learn to read the signals they the signals they give when they give when they need help need help and act while it still and act while it still matters. If you matters. If you recognize yourself in any of these symptoms any of these symptoms and want to undergo a and want to undergo a thorough examination thorough examination and tests, and tests, contact us and contact us and subscribe to the Kidney subscribe to the Kidney Holistic Institute, where we have Holistic Institute, where we have two types of two types of examination packages. One is a examination packages. One is a basic basic basic kidney exam, and the other is a more kidney exam, and the other is a more comprehensive package comprehensive package to identify to identify root causes.

I hope to I hope to see you soon. I love you.