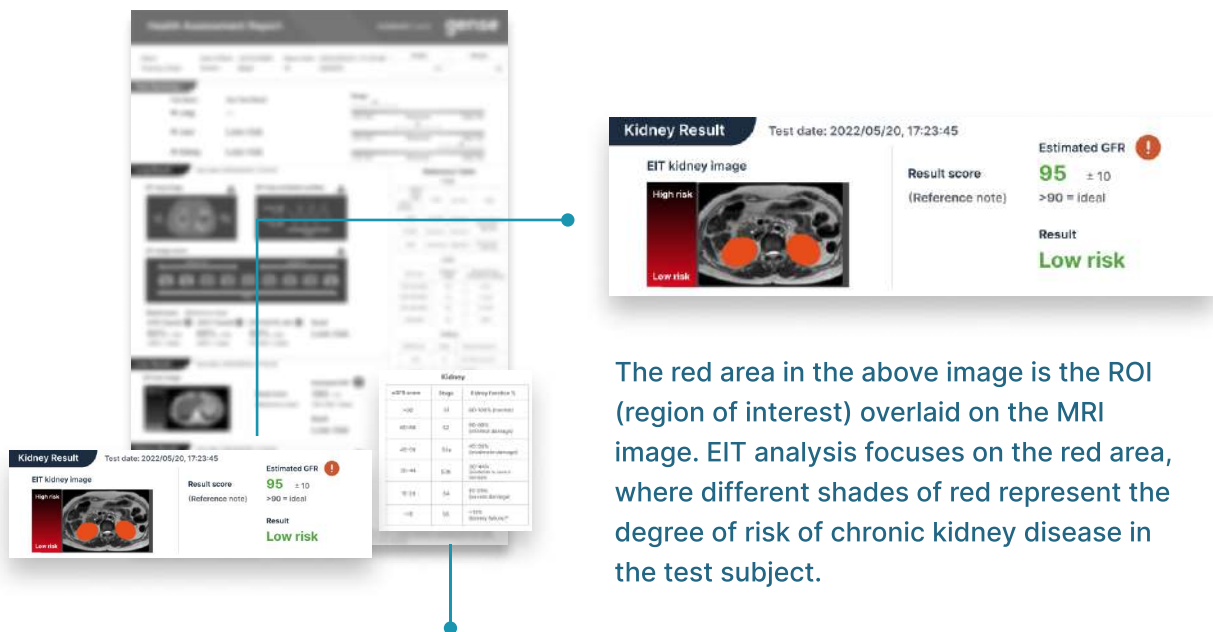


Your Test Result is Low Risk

The test results show that your kidneys are at low risk. If you want to maintain your kidney health, choose a healthy diet, such as ensuring a healthy body fat percentage, exercise, and more; It is recommended to use mediscan every 1~3 months to check your health condition and protect your health.

01 Understanding Personal Health Reports

Sample



The red area in the above image is the ROI (region of interest) overlaid on the MRI image. EIT analysis focuses on the red area, where different shades of red represent the degree of risk of chronic kidney disease in the test subject.

Risk level	eGFR scores	Stage	Kidney function
■ Low risk	≥90	S1	90-100% (normal)
■ Moderate	60-89	S2	60-89% (minimal damage)
■ High risk	45-59	S3a	45-59% (moderate damage)
	30-44	S3b	30-44% (moderate to severe damage)
	15-29	S4	15-29% (sever damage)
	<15	S5	>15 (Kidney failure)

Explanation

- The glomerular filtration rate (GFR) refers to the kidney's ability to filter a certain substance from the blood plasma within a unit of time. A lower GFR value indicates poorer kidney function¹.
- The estimated glomerular filtration rate (eGFR) is a functional indicator used to measure the kidney's ability to filter waste from the blood, and it can also help detect the presence of kidney damage. Doctors typically request blood tests to assess a patient's kidney function, and the pathology lab will provide eGFR results².

04 Daily Prevention

Protective Diet for the Kidneys

Dietary recommendations for patients with kidney disease:

Choose and prepare low salt/low sodium foods to help control blood pressure

- Daily sodium intake should be less than 2,300 milligrams²⁵. About 0.5 teaspoon. (one teaspoon is about 5cc/ml)

Consuming an adequate amount of protein and the right type of protein can help protect the kidneys

- Consuming more protein than you need may increase the burden of protein metabolism on the kidneys. Foods containing animal protein include chicken, fish, meat, eggs, and dairy products, while plant-based protein sources include beans, nuts, and whole grains.
- The current recommended dietary intake of protein is 0.8 grams per kilogram of body weight²⁵. According to the National Kidney Foundation in the United States, for patients with chronic kidney disease (stages 3-5) who are not on dialysis, metabolically stable*, and without diabetes, dietary protein intake can be reduced to 0.55-0.60 grams per kilogram of body weight per day²⁶.

Choosing heart-healthy foods can help prevent the accumulation of fat in blood vessels, heart, and kidneys

- Heart-healthy foods include lean meats, skinless poultry, fish, beans, vegetables, fruits, low-fat or fat-free milk, yogurt, and cheese.

Dietary recommendations for patients with declining kidney function²⁷:

Choose foods and drinks that are low in phosphorus to help protect your bones and blood vessels

- Phosphorus can accumulate in the blood of patients with chronic kidney disease. Excess phosphorus in the blood can pull calcium from the bones, making them thinner, weaker, and more prone to fractures. High levels of phosphorus in the blood can also cause itching of the skin, as well as bone and joint pain.
- **Low-phosphorus food** options include fresh fruits and vegetables, bread, pasta, rice, rice milk (unenriched), corn and rice cereals, light-colored sodas such as lemon-lime or iced tea.
- **High-phosphorus foods** include poultry, fish, bran cereals and oatmeal, dairy products, beans, lentils, nuts, and dark-colored sodas, fruit juices, and drinks such as some bottled or canned iced teas that are enriched with phosphorus.

Choosing foods with an appropriate amount of potassium can help with normal nerve and muscle function

- Kidney damage can cause potassium to accumulate in the blood, leading to serious heart problems. Choosing low-potassium foods such as apples, peaches, carrots, mung beans, white bread, and pasta can help reduce potassium levels in the blood.

*Metabolically stable: Without any ongoing inflammation or infectious disease, no hospitalization within the past two weeks, no uncontrolled diabetes or consumptive diseases such as cancer, no lack of antibiotics or immunosuppressive drugs, and no significant weight loss in the short term.

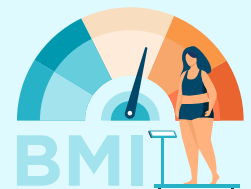
Regular exercise

You can alternate between aerobic and anaerobic exercises. Aerobic exercises include running, dancing, hiking, etc. Anaerobic exercises include weight lifting, squats, and other workouts that target large muscle growth but it is important to choose light weight equipment/exercise equipment to reduce strain on the kidneys. A light weight, multi-set exercise pattern can keep your body healthy, reduce blood pressure and the risk of chronic kidney failure²⁸. Choose **3 days per week** and **exercise for at least 30 min per day** - a little shortness of breath is a good thing²⁸.

Maintain healthy weight

A healthy weight will prevent diabetes, heart disease and chronic kidney disease. BMI can be calculated using: $\text{Weight (kg)} / (\text{Height (m)} * \text{Height (m)})$. You should try to keep your BMI within the standard range of 18.5-22.9²⁹.

BMI	Weight status
Below 18.5	Underweight
18.5~22.9	Standard
23~24.9	Overweight
Above25	Obese



Reduce alcohol intake and control blood sugar

Alcohol alters kidney function by reducing its ability to filter blood and affecting the ability to regulate fluids and electrolytes in the body³⁰. Alcohol also raises blood pressure, which is a common cause of kidney disease and heart disease. According to research, consuming alcohol significantly increases the risk of developing high blood pressure³¹.

No smoking

Smoking slows the rate of blood flow to the kidneys, resulting in damage over time and increasing the risk of kidney cancer³².



Regular check-ups

If you are at high risk for chronic kidney disease, such as diabetes and hypertension, kidney function should be checked regularly 1~2 months.