

CHRONIC KIDNEY DISEASE (CKD)

WHAT IS CHRONIC KIDNEY DISEASE?

CKD means that your kidneys are not working as well as they should be.

'Chronic' means a long term condition but it does not necessarily mean severe.

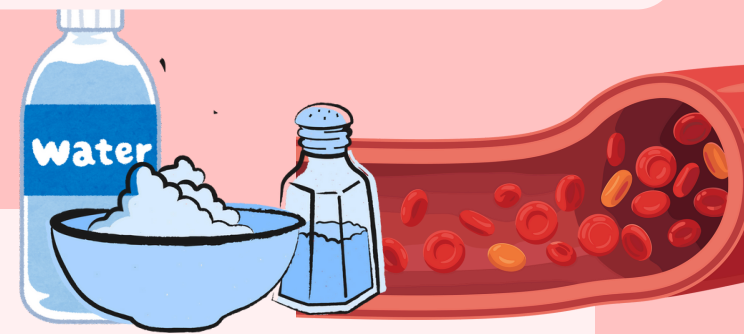
We know that the label might seem serious but we hope to reassure you that most people living with chronic kidney disease have none or very mild symptoms and most can be looked after in the community without hospital visits.



DID YOU KNOW?

Mild to moderate CKD is common - **half of all people** by the **age of 75** may have CKD.

WHAT DO KIDNEYS ACTUALLY DO?



1. Filter blood - blood passes through your kidneys 40x per day and a quarter of the blood that comes from the heart goes straight to the kidneys.
2. They remove waste from the blood and make urine as well as controlling the amount of salt and water in the body
3. Produce hormones that help produce red blood cells and help control your blood pressure.

WHAT CAN CAUSE CHRONIC KIDNEY DISEASE?

There are different causes of CKD, the most common are aging, diabetes and high blood pressure. More rarely issues with inflammation of the kidneys, genetic causes or vessels.

If your kidneys aren't working so well they may not remove waste products as well as normal kidneys and sometimes let protein leak from the blood and into the urine.

HOW DO WE DIAGNOSE CHRONIC KIDNEY DISEASE?

Usually CKD is diagnosed through blood tests and a urine test. These may have been done due to symptoms or due to monitoring for another health condition such as diabetes or hypertension. Some people might have a kidney scan or a camera test to look at the bladder.



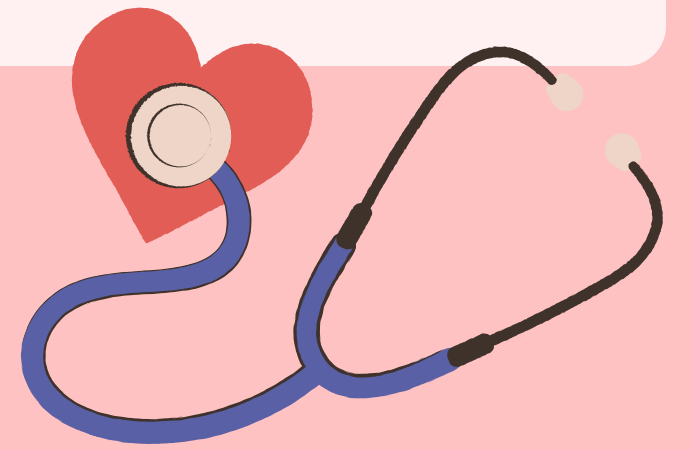
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CKD IS SPLIT INTO 5 CATEGORIES DEPENDING ON SEVERITY:

Estimated Glomerular Filtration Rate (eGFR) levels of CKD

- STAGE ONE:** eGFR remains within normal range.
- STAGE TWO:** Slightly reduced kidney function
- STAGE THREE:** Moderately reduced kidney function.
- STAGE FOUR:** Severely reduced kidney function.
- STAGE FIVE:** Vary severe or end-stage kidney failure.

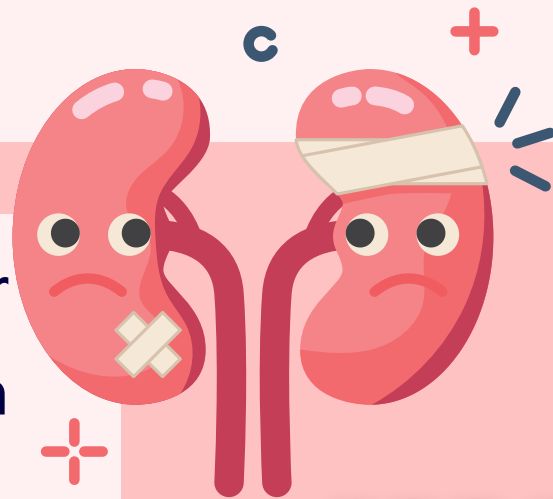
Only 2% of patients with CKD will ever need to receive dialysis.



WHAT IS THE TREATMENT FOR CHRONIC KIDNEY DISEASE?

If you have mild CKD you likely will be monitored by the GP with blood tests and urine tests generally once per year, if CKD is more severe it will possibly need monitoring more frequently and sometimes referral to specialist with treatments such as dialysis, transplant or conservative care

Severe kidney failure is when your kidneys are not working well enough to keep you healthy.



ARE THERE ANY SYMPTOMS OF CHRONIC KIDNEY DISEASE?

Many people with CKD do not have any symptoms at all but in later stages it could lead to symptoms of weight loss, shortness of breath, tiredness, itchy skin, muscle cramps, nausea and headaches. It can also increase risk of heart disease, stroke and poor circulation.

WHAT CAN YOU DO TO MINIMISE THE RISKS OF CHRONIC KIDNEY DISEASE?

1. Eat a healthy diet
2. Take regular exercise
3. Give up smoking and reduce or cut out alcohol
4. Try and keep your blood pressure controlled
5. Keep up to date with vaccines that are offered.
6. Keep up to date with diabetes care

