




# CKD for Patients

Knowledge that empowers you

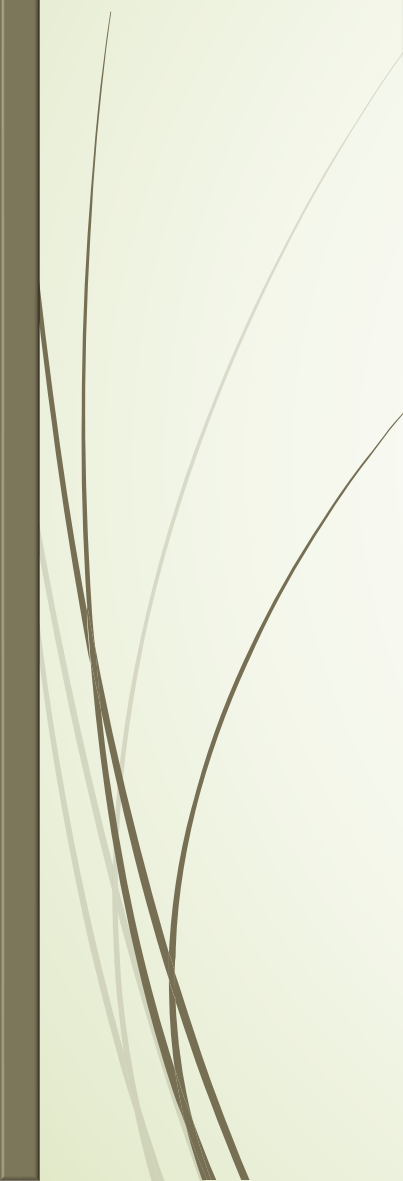


# What does CKD mean ?

- ❖ CKD stands for Chronic Kidney Disease
  - ❖ A condition in which your kidney functions start to weaken.
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# Main Kidney Functions

- ❖ Cleans your blood and makes urine
  - ❖ Maintains water and salt balance
  - ❖ Produces important hormones that help:
    - ❖ Maintain Healthy Bones
    - ❖ Make Red Blood Cells
    - ❖ Control Blood Pressure
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# Know Your Kidney Number

- ❖ eGFR Rate (estimated Glomerular Filtration Rate) is the best test for how well your kidneys are working.
- ❖ Think of eGFR as the percent of kidney function you have. If your eGFR is less than 60%, you may have CKD.
- ❖ Early detection of CKD can provide better health outcomes through lifestyle changes that protect and improve your kidney function.



# Why knowing your eGFR % is important

Early diagnosis and management of CKD can slow CKD progression and prevent or delay the need for dialysis or transplant by:

- ❖ Increasing or stabilizing your eGFR through lifestyle changes & medication.
- ❖ Allowing more time to make changes that can protect your kidneys, address problems associated with CKD and prepare you for a smooth transition to kidney replacement therapy, if needed.
- ❖ Empowering you with the knowledge to be an active member of your health care team.

# 5 Stages of CKD

- ❖ **Stage 1&2** : eGFR is greater than 60%
  - Could be normal for age
  - Usually silently, diagnosed by lab tests or imaging
  
- ❖ **Stage 3** : 3a is eGFR within the 45 – 59% range  
3b is eGFR within the 30 – 44% range
  - \* Mild CKD warrants a patient referral to a nephrologist
  
- ❖ **Stage 4** : eGFR within the 15 – 29% range
  - \* Severe CKD must see a nephrologist and create a treatment plan
  
- ❖ **Stage 5** : eGFR is below 15%
  - \* Severe CKD indicate dialysis or transplant may be needed soon.



# Ways to improve kidney functions

- ❖ Control the cause of your CKD ex: diabetes or blood pressure
- ❖ Consult with a dietician on diet changes that can help improve your kidneys
- ❖ Stop Smoking
- ❖ Avoid certain pain medications such as ibuprofen and aspirin
- ❖ Get age appropriate vaccinations
- ❖ Avoid dark carbonated beverages

# Leading Causes of CKD

## ❖ Diabetes

- ❖ 1 in 3 people with diabetes develop CKD
- ❖ It usually takes 20 – 25 years before dialysis or transplant is needed

## ❖ High Blood Pressure (hypertension)

- ❖ Can be the cause or the effect of CKD
- ❖ Most people with CKD have high blood pressure

## ❖ Controlling diabetes and hypertension can protect your kidneys and slow the progression of CKD



# Common Symptoms of CKD

❖ Patients may not feel sick until their kidney function is very low.

❖ Patients with CKD may have:

- \* Weakness
- \* Trouble focusing
- \* Metal like taste in your mouth
- \* Muscle cramps
- \* Weight loss without trying
- \* Swelling in the legs or face
- \* Trouble Breathing
- \* Itchy or dry skin
- \* Not wanting to eat
- \* Nausea
- \* Need to pee less
- \* Need to pee more at night

# Control the Causes of your CKD

## ❖ Diabetes

- ❖ Check your blood sugar level to be sure it doesn't get too high or too low
- ❖ Optimal blood sugar level is within the 90-130mg/dl before meals and less than 180mg/dl 2 hours after meals

## ❖ High Blood Pressure (Hypertension)

- ❖ Check your blood pressure on a daily basis & keep a log
- ❖ Optimal blood pressure levels are 120/80-130/90 If your blood pressure is over 140/80 often, notify your primary care physician.

# Dietary Changes to Improve Your Kidneys

- ❖ These are the 6 nutrients that you need to control after a CKD diagnosis:
  - \* Protein
  - \* Sodium
  - \* Phosphorous
  - \* Calcium
  - \* Potassium
  - \* Fluids
  
- ❖ Examples of ways to control some of these nutrients
  - ❖ Limit your sodium intake
  - ❖ Avoid dark sodas
  - ❖ Monitor your fluid intake to avoid swelling or dehydration
  - ❖ Limit your protein to 4 – 6 ounces a day



# ESRD – End Stage Renal Disease

- ❖ ESRD is the final stage of CKD and means that the kidneys are no longer functioning well enough
- ❖ Options available for the treatment of ESRD
  - ❖ **Dialysis:** An artificial way of to replace some of the functions of the kidneys such as removing excess water and waste from the blood.
  - ❖ **Kidney Transplantation:** An operation where a kidney is removed from a donor and placed into a recipient.
  - ❖ **Palliative Care:** Supportive, holistic health care to manage symptoms and side effects of CKD or ESRD.

# Best Treatment Plan For You

Considering Fctors	Peritoneal Dialysis	Home Hemodialysis	In-Center Dialysis	In -Center Overnight Dialysis	Palliative No Dialysis
Prefer the comfort of your own home	*	*			
Want to have an active role in your care	*	*			
Frequent traveler	*	*			
Like scheduling your own day	*	*			
Prefer medical team to administer your diaysis			*	*	
Need assistance for manual tasks			*	*	
don't want to store supplies in your home			*	*	
Prefer to be aound other patients on dialysis			*	*	
You prefer no further treatments					*