

# Chronic Kidney Disease

CKD is a health problem in which the kidneys are hurt. They cannot filter blood as well as they should. Because of this, too much fluid and waste from blood stay in the body. This may cause other health problems, such as heart disease and stroke.

## Symptoms

People with CKD may not feel ill or notice any symptoms. The only way to find out for sure if you have it is through set blood and urine tests. These tests take in the creatinine level in the blood. They also take how much protein in the urine.

## Quick Facts: CKD Snapshot

- Kidney diseases are the ninth leading cause of death in the U.S.
- Early CKD has no signs or symptoms.
- Blood and urine tests are needed to check for CKD.
- CKD tends to get worse over time.
- CKD can be treated (the earlier treatment starts the better).
- CKD can progress to kidney failure.

## Friendly Tips

- Keep your blood pressure below 140/90 mm Hg. Or the aim for the goal your doctor states for you.
- If you have diabetes, stay in your goal blood sugar range as much as you can.
- Get active – working out helps control blood pressure and blood sugar levels.
- Lose weight if you're overweight.
- Get tested for CKD on a routine basis if you're at risk.
- If you have CKD, meet with a dietician to make a kidney-healthy eating plan. The plan may need to change as you get older or if your health status changes.
- Take meds as told and ask your doctor about blood pressure meds called angiotensin-converting enzyme inhibitors and angiotensin II receptor blockers, which may protect your kidneys as well as lowering blood pressure.
- If you smoke, quit. Smoking can worsen kidney disease and interfere with meds that lowers blood pressure.
- Include a kidney doctor (nephrologist) on your health care team.

