



## **CHRONIC KIDNEY DISEASE (CKD) INFORMATION SHEET**

**Chronic kidney disease (CKD) is a long-term condition where the kidneys do not work effectively.** CKD does not usually cause symptoms until reaching an advanced stage. These symptoms may include: tiredness, swollen ankles, feet or hands, shortness of breath, nausea and blood in the urine. CKD is common and mainly associated with ageing. The older you get, the more likely you are to have some degree of kidney disease. CKD is classed as stage 1 to stage 5 depending on how impaired the kidneys are. Stage 1-3 is classed as mild to moderate CKD, and stage 4-5 moderate to severe.

### **Why should I attend my chronic kidney disease review?**

There is no cure for chronic kidney disease, although treatment can slow or halt the progression of the disease and can prevent other serious conditions developing.

People with CKD are known to have an increased risk of a stroke or heart attack because of changes that occur to the circulation. Your review is an opportunity to monitor your CKD and discuss lifestyle changes and medication that may help to prevent further damage to your kidneys and circulation. Research has shown this reduces the number of people who go on to develop end stage renal failure requiring dialysis or transplant.

The appointment is an opportunity to raise any questions or concerns you have about your health and medication.

### **What will happen at my appointment?**

The nurse will discuss your condition with you and ask specific questions to find out if you are having any problems. She will ask about your lifestyle and your medication and check your height and weight, along with your blood pressure and pulse. She will also perform some blood tests. She will then be able to advise you about any changes she would recommend. If needed, she will refer you to a doctor for further review.

### **What lifestyle changes will help me?**

- Stopping smoking. This will also help to reduce the risk of other illnesses such as cardiovascular disease, COPD and cancer. You can get help and support from 0800 052 5855 and [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)
- Do not take drugs known as nonsteroidal anti-inflammatory drugs, such as ibuprofen, unless directed to do so by a medical professional
- Reduce intake of foods high in saturated fat such as butter, cheese, cakes and biscuits.
- Increase your regular exercise if needed. Advice can be obtained from [www.prescription4exercise.com](http://www.prescription4exercise.com)
- Reduce your salt intake to less than 6g a day
- Weight loss if your BMI is greater than 25
- Reducing your alcohol intake to 14 units a week for women and 21 units a week for men. For help and support contact 0300 555 5999 and [www.bdaat.co.uk](http://www.bdaat.co.uk)

### **What tests may help me?**

- Kidney function testing
- Blood pressure measurement
- Diabetes screen
- Cholesterol measurement

### **What medication may help me?**

- Anti-hypertensives. There are many medications available that can reduce blood pressure. These can be discussed at your review. Should you be having side effects with a particular medication, please discuss this so an alternative can be prescribed. Having well-controlled blood pressure helps to reduce the risk of kidney damage and of cardiovascular disease.
- Statins to lower cholesterol e.g. simvastatin, atorvastatin.
- Stage 4-5 CKD may need additional treatments under the care of a specialist.