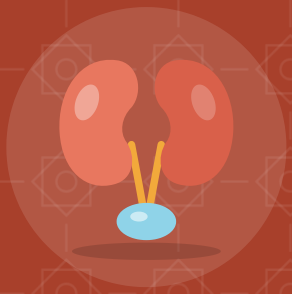
Condition explainer

KSUMC · Internal Medicine

Chronic kidney disease

What it is, its symptoms, its treatment and how to look after yourself

CKD

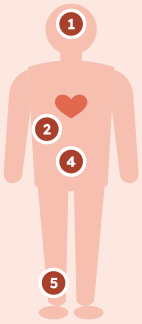


WHAT IS CHRONIC KIDNEY DISEASE?

It is a long-term condition where your kidneys don't work as well as they should. Many people with CKD live long lives with it.[1]

Symptoms usually appear only at a later stage

1. Headaches
2. Shortness of breath
3. Feeling sick



4. Blood in your urine
5. Swollen ankles, feet or hands

The most common causes

- Diabetes: too much sugar in your blood can damage the kidneys' tiny filters.[1,3]
- High blood pressure.[3]

How is it treated?

There is no cure, but treatment can ease symptoms and stop CKD getting worse. Treatment is mainly lifestyle changes and medicines for blood pressure and cholesterol. Some medicines help your kidneys keep working for longer. In advanced CKD, you may need dialysis or a kidney transplant.[1,2]

What you can do every day

- Keep your blood pressure well controlled to protect your kidneys.[3]
- Your doctor will tell you your blood pressure target.[3]
- Keep your blood sugar under control.[3]
- Don't take anti-inflammatory painkillers like ibuprofen unless a health professional says so.[2]
- Ask your doctor before any over-the-counter medicine, vitamin, herb or supplement.[3]

CKD leads to kidney failure in only about 2 in 100 people with it.[1]

SOURCES

1. NHS — Chronic kidney disease
2. NHS — Chronic kidney disease: treatment
3. MedlinePlus — Chronic kidney disease

REVIEWED AND APPROVED BY

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