

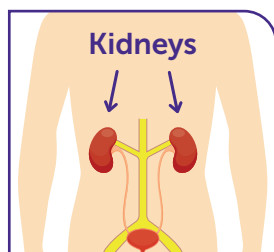


Chronic Kidney Disease

Chronic kidney disease (CKD) is a condition characterized by a gradual loss of kidney function over time. CKD is also known as chronic renal disease.

What is CKD?

CKD means your kidneys are damaged and can't filter blood the way they should. The disease is called "chronic" because the damage to your kidneys happens slowly over a long period of time. This damage can cause wastes to build up in your body. CKD can also cause other health problems.



Your kidneys are located in the middle of your back, just below your ribcage.

The kidneys' main job is to filter extra water and waste out of your blood to make urine. To keep your body working properly, the kidneys balance the salts and minerals – such as calcium, phosphorus, sodium, and potassium – that circulate in the blood. Your kidneys also make hormones that help control blood pressure, make red blood cells, and keep your bones strong.

Kidney disease often can get worse over time and may lead to kidney failure.

Causes of CKD

Diabetes and high blood pressure are the most common causes of CKD. Your healthcare provider will look at your health history and may do tests to find out why you have kidney disease. The cause of your kidney disease may affect the type of treatment you receive.

Managing CKD

If you have chronic kidney disease (CKD), you can take steps to protect your kidneys from more damage.

The sooner you know you have kidney disease, the better. The steps you take to protect your kidneys from damage also may help prevent heart disease – and improve your health overall. Making these changes when you have no symptoms may be hard, but it's worthwhile.

Ten Ways to Manage Kidney Disease

1. Control your blood pressure.
2. Meet your blood glucose goal if you have diabetes.
3. Work with your healthcare team to monitor your kidney health.
4. Take medicines as prescribed.
5. Eat a healthy diet.
6. Make physical activity part of your routine.
7. Aim for a healthy weight.
8. Get enough sleep.
9. Stop smoking.
10. Find healthy ways to cope with stress and depression.

REFERENCES

The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center (2016). Eating Right for Chronic Kidney Disease. Retrieved from <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>

National Kidney Foundation (2019). Which Drugs are Harmful to Your Kidneys? Retrieved from <https://www.kidney.org/atoz/content/drugs-your-kidneys>

For more information about chronic kidney disease, please visit [memorialcare.org/ckd](https://www.memorialcare.org/ckd).