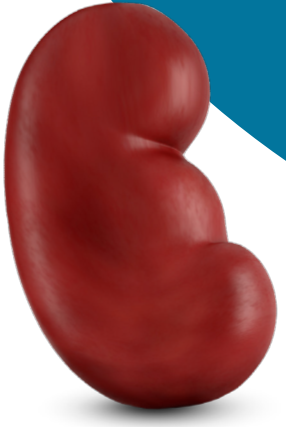
PUTTING PRESSURE ON CHRONIC KIDNEY DISEASE

WHAT IS **CHRONIC KIDNEY DISEASE** (CKD) AND WHAT CAN YOU DO ABOUT IT?



WITH CKD,
EARLY DIAGNOSIS IS KEY.

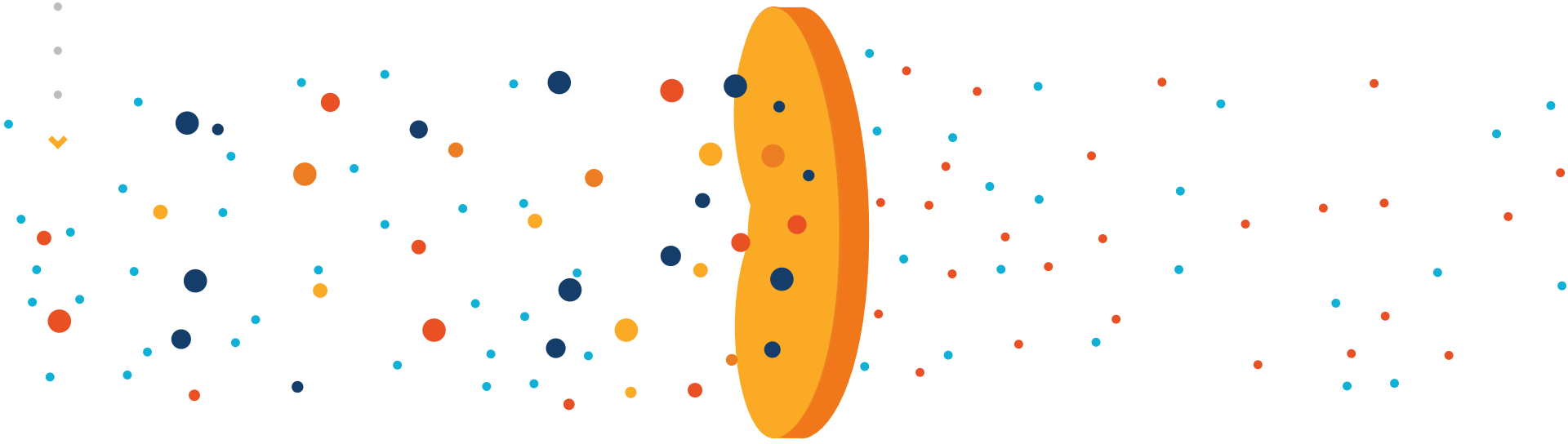
The sooner you know you have **CKD**, the better. Your doctor can then recommend actions that have been shown to help slow progression, and preserve kidney function.

This Guide is designed to provide disease information, helpful suggestions, and links to other resources.

WHAT DO THE **KIDNEYS** DO?

The kidneys are your body's filtration system, and they have a big job. They filter your blood, removing wastes and impurities, while regulating compounds and nutrients that your body needs. Your kidneys do not recover from damage and disease as well as some other organs, so it's especially important you do all you can to take care of them.

How well your kidneys function affects every other system in your body. The kidneys and the heart are especially closely connected. Damage to one can lead to damage to the other, which can result in serious health complications.



HOW WELL ARE YOUR KIDNEYS WORKING? **KNOW YOUR KIDNEY NUMBERS**

CKD is measured as Stages 1 through 5. The Stages are determined by a calculation called eGFR,* which measures how well your kidneys are doing their filtering job.

Fortunately, your eGFR is easy for your doctor to track. It's included in most comprehensive blood tests done for routine physicals.

Tracking your eGFR can alert your doctor to signals that your kidney function may be declining. If that's the case, you and your doctor can discuss additional proactive steps.

CKD STAGE		GLOMERULAR FILTRATION RATE (GFR) UNITS	% OF KIDNEY FUNCTION
STAGE 1	Minimal kidney damage with normal kidney function	90 or higher	
STAGE 2	Kidney damage with mild loss of kidney function	60 to 89	
STAGE 3a	Mild to moderate loss of kidney function	45 to 59	
STAGE 3b	Moderate to severe loss of kidney function	30 to 44	
STAGE 4	Severe loss of kidney function	15 to 29	
STAGE 5	Kidney failure	<15	

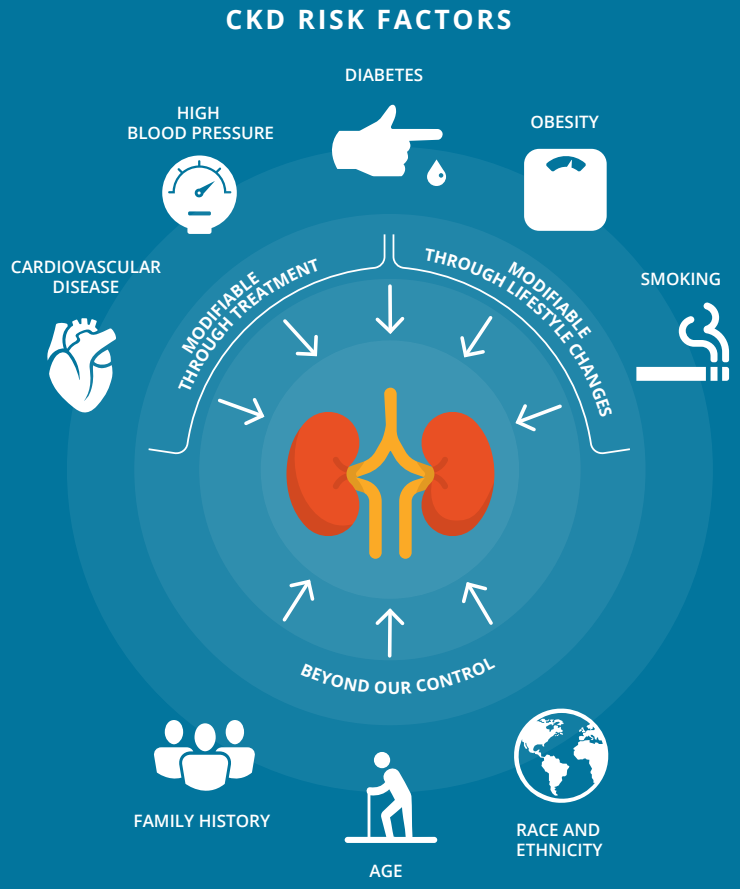
*eGFR stands for "estimated glomerular filtration rate."

HOW DID YOU GET **CKD**?

CKD is called a “silent disease,” with most people feeling no symptoms in the early stages. But there are several risk factors that are more common in people who develop CKD.

Diabetes, high blood pressure, and cardiovascular disease are three leading risk factors for CKD, but there are others—some within our control, some not.

The adjacent chart shows common risk factors, including diabetes, high blood pressure, ethnicity, weight, family history, and age.



WHAT CAN YOU DO TO HELP KEEP CKD FROM GETTING WORSE?

Early action has been shown to help preserve kidney function, delaying or even preventing dialysis altogether. Dialysis is a process that is needed to perform essential blood filtering when your kidneys can no longer do it effectively. This is usually required at Stage 5 CKD, when the kidneys have lost 85% or more of their ability to function.

Here are steps you can take right now to keep CKD from progressing. Bonus: They're good for every other system in your body too, especially your cardiovascular system!

If you have diabetes, take all steps to actively manage your blood glucose. Diabetes is a leading cause of CKD

Monitor and control your blood pressure

Keep cholesterol under control to prevent further damage to blood vessels

Eat a kidney-friendly diet; consult with a dietician

Tell your doctor about all medicines you are taking, including those you can get without a prescription, and vitamins. Some of these can harm the kidneys

Exercise and aim for a healthy weight

Don't smoke; cigarette smoking can worsen kidney damage

See your doctor regularly, who may prescribe medication that reduces the pressure inside your kidneys

YOU ARE NOT ALONE.

It is estimated that 9 out of 10 people with CKD don't know it. If you do, you're one of the lucky ones. Being proactive and taking action early on can help you slow progression or even prevent kidney failure.

Keeping up with the latest treatment and disease-state news can help, too.

We encourage earlier screening and diagnosis of CKD. Here are three easy steps you can take:

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K NOW YOUR KIDNEY NUMBERS
D ISCUSS WITH YOUR DOCTOR

AstraZeneca