

PUTTING PRESSURE ON CHRONIC KIDNEY DISEASE (CKD)

# WHAT CAN YOU DO TO PROTECT YOUR KIDNEYS?



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Declared by Primary Care Diabetes Europe (PCDE) in the scientific or social interest of primary care practitioners.



# WITH CKD, EARLY MONITORING AND MANAGEMENT ARE KEY.

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People with certain common conditions, such as high blood pressure and/or diabetes, are often at risk for developing chronic kidney disease, or CKD. If you're at risk for or have recently been diagnosed with CKD, you probably have a lot of questions.

The sooner you know that you are at risk for or 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?

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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.

Unfortunately, as people age, a natural decline in kidney function begins to occur. 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 eGFR,\* which measures how well your kidneys are doing their filtering job.

Fortunately, your eGFR is a blood test that is included in most routine physicals.

Another test your doctor may perform is called UACR.\*\* This urine test measures kidney damage based on how much protein is in your urine.

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

## eGFR measures kidney function

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	

## UACR measures kidney damage



<30 mg/g



30-299 mg/g



≥300mg/g

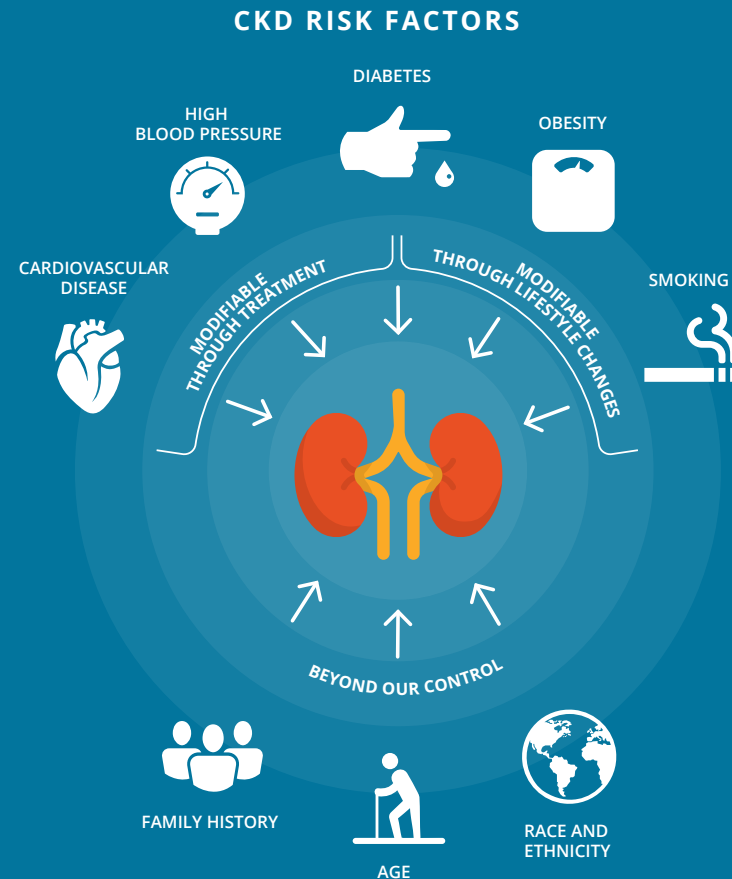
\*eGFR stands for estimated glomerular filtration rate; \*\*UACR stands for urine albumin-to-creatinine ratio.

# WHAT CAUSES 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 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 increased 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 more than 85% 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, actively manage your blood glucose. Diabetes is a leading cause of CKD



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



Monitor and control your blood pressure



Exercise and aim for a healthy weight



Keep cholesterol under control to prevent further damage to blood vessels



Don't smoke; cigarette smoking can worsen kidney damage



Eat a kidney-friendly diet; consult with a dietician



See your doctor regularly. He or she may prescribe medication that reduces the pressure inside your kidneys.



## YOU ARE **NOT ALONE.**

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It is estimated that 9 out of 10 people with CKD don't know it. Being proactive and taking action early on at any age can help you slow progression or even prevent kidney failure.

We encourage earlier screening and diagnosis of CKD. The sooner you know that you are at risk or have CKD, the better.

Here are three easy steps you can take:

**C  
K  
D**

**CHECK YOUR RISK FACTORS  
NOW YOUR KIDNEY NUMBERS  
DISCUSS WITH YOUR DOCTOR**

***"I would tell others who are newly diagnosed, please don't panic."***

***-CKD patient***

Patient image for illustrative purposes only, not an actual patient.

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