

SUPRA HOME HEALTH, INC.

12251 Taft Street, Suite 402, Pembroke Pines, FL 33026

Ph: 954-443-6461 Fax: 954-443-6462

SupraHomeHealth@comcast.net

CHRONIC KIDNEY DISEASE

WHAT IS CKD?

Chronic kidney disease occurs when one suffers from gradual and usually permanent loss of kidney function over time. This happens gradually, usually months to years. Chronic kidney disease is divided into five stages of increasing severity. The term "renal" refers to the kidney, so another name for kidney failure is "renal failure." Mild kidney disease is often called renal insufficiency.

WHAT CAUSES CKD?

Although chronic kidney disease sometimes results from primary diseases of the kidneys themselves, the major causes are **diabetes** and **high blood pressure**.

- Diabetes mellitus type 1 or 2
- High blood pressure
- High cholesterol
- Heart disease
- Liver disease
- Amyloidosis
- Sickle cell disease
- Systemic Lupus erythematosus
- Vascular diseases such as arteritis, vasculitis, or fibromuscular dysplasia
- Vesicoureteral reflux (a urinary tract problem in which urine travels the wrong way back toward the kidney)
- Require regular use of anti-inflammatory medications
- A family history of kidney disease



HOW CAN I DETECT CKD?

Chronic kidney disease usually causes no symptoms in its early stages. Only lab tests can detect any developing problems. Anyone at increased risk for chronic kidney disease should be routinely tested for development of this disease. Urine, Blood, Ultrasound and Biopsy are common laboratory techniques used to detect CKD.

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WHAT ARE THE SYMPTOMS & SIGNS OF CKD?

- **Need to urinate frequently, especially at night.**
- **Swelling of the legs and puffiness around the eyes.**
- **High blood pressure.**
- **Fatigue and weakness.**
- **Loss of appetite, nausea and vomiting.**
- **Itching, easy bruising, and pale skin.**
- **Shortness of breath from fluid accumulation in the lungs.**
- **Headaches, numbness in the feet or hands, disturbed sleep, altered mental status, and restless legs syndrome.**
- **Chest pain due to pericarditis.**
- **Bleeding (due to poor blood clotting).**
- **Bone pain and fractures.**
- **Decreased sexual interest and erectile dysfunction.**

HOW IS CKD TREATED?

Self-Care at Home

Chronic kidney disease is a disease that must be managed in close consultation with your health care practitioner. Self-treatment is not appropriate. The following are general dietary guidelines:

- Protein restriction.
- Salt restriction.
- Fluid intake.
- Potassium restriction.
- Phosphorus restriction.

Other important measures that you can take include:

- Carefully follow prescribed regimens to control your blood pressure and/or diabetes.
- Stop smoking.
- Lose excess weight

Medical Treatment

There is no cure for chronic kidney disease. The four goals of therapy are to:

- Slow the progression of disease.
- Treat underlying causes and contributing factors.
- Treat complications of disease.
- Replace lost kidney function.

Strategies for slowing progression include:

- Control of blood glucose.
- Control of high blood pressure.
- Diet.
- Fluid retention
- Bone disease.
- Acidosis.