

## What is Chronic Kidney Disease (CKD)?

CKD is when the kidneys slowly begin to lose their ability to work correctly. They then aren't able to remove waste products from the blood, balance fluid levels, control red blood cell production, or make Vitamin D.

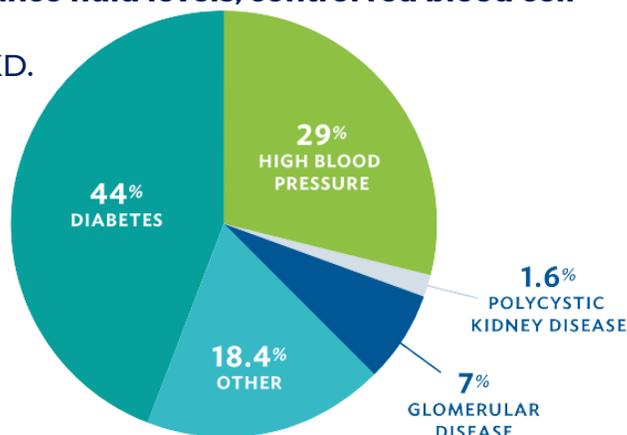
In America, there are 37 million adults who have CKD. There are millions of others at risk for getting CKD.

### Risk Factors for CKD

**Diabetes is the biggest cause of CKD with high blood pressure coming in 2nd.**

Other risk factors include:

- Family with a history of kidney failure.
- Being over 65.
- Being a person of color specifically: African American, Hispanic American, Asian/Pacific Islander and Indigenous North American.



<https://www.freseniuskidneycare.com/kidney-disease/ckd/causes>

### Symptoms of CKD

- Lack of energy with tiredness.
- Lack of ability to concentrate.
- Little or no appetite, nausea, vomiting.
- Insomnia.
- Swelling especially in ankles, feet and puffiness around eyes especially in the morning.
- Skin being dry and itchy.
- Changes in urination. Going more or less than normal.
- Muscle cramps with no known reason.

### How CKD is Diagnosed

- Urine test
- Blood test

**Doctors review these to determine if someone has CKD.**

### Treating CKD

- Maintain regular medical care as recommended by your doctor. Get labs drawn when ordered.
- Keep chronic diseases like diabetes and hypertension under control.
- Check with your provider about any diet/diet restrictions that may be best for your care. Often a DASH or Mediterranean diet is recommended.
- Avoid painkillers, NSAIDS (Ibuprofen, Aleve) and other medications that can cause more damage to kidneys unless prescribed by your doctor. Make sure all of your medical providers know all the medications you are taking, even over the counter medications and supplements.
- Follow your providers order about fluid intake.
- Exercise regularly.
- Keep weight in a healthy range.
- Don't smoke/vape or use any nicotine products. Seek help to quit if you do.

#### Sources:

~<https://www.kidney.org/kidneydisease/howkidneyswork>  
 ~<https://www.kidney.org/atoz/content/about-chronic-kidney-disease>  
 ~<https://my.clevelandclinic.org/health/diseases/15096-kidney-disease-chronic-kidney-disease>  
 ~[https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd#:~:text=Chronic%20kidney%20disease%20\(CKD\)%20means,family%20history%20of%20kidney%20failure.](https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd#:~:text=Chronic%20kidney%20disease%20(CKD)%20means,family%20history%20of%20kidney%20failure.)