

What is Chronic Kidney Disease?

Chronic Kidney Disease, or CKD, involves long-term damage being done to the kidneys. The kidneys lose their ability to filter waste and excess fluid.

What causes CKD?

CKD can have multiple causes.



diabetes



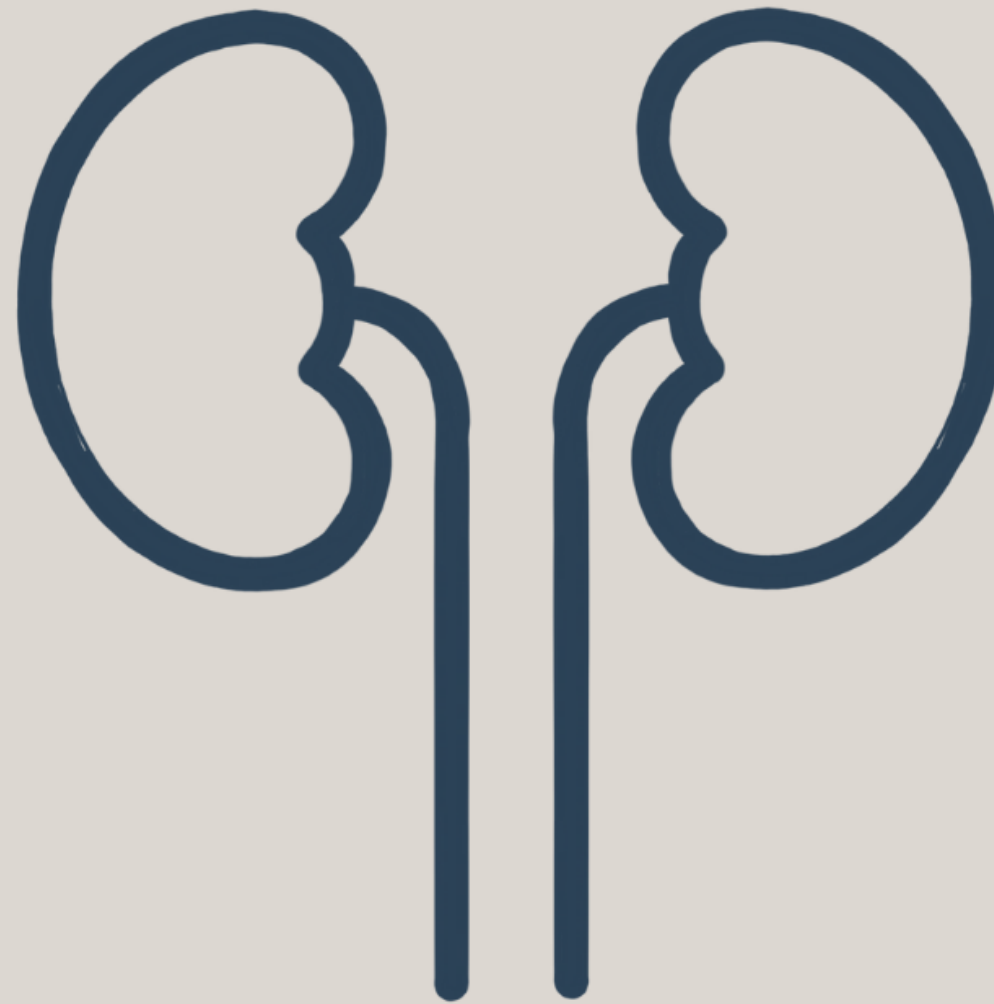
hypertension



glomerulonephritis



polycystic kidney disease



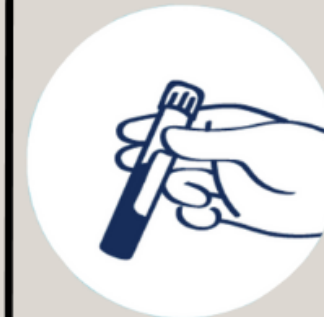
Chronic Kidney Disease

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Kidney Disease

Prevention:

- Early Diagnosis
- Regular doctors visits
- Healthy diet (decrease sodium and sugar levels)
- Do not smoke
- Limit alcohol intake
- Workout regularly



Symptoms:



fatigue



foamy urine



ammonia breath



frequent urination



loss of appetite



kidney pain

Diagnosis:

If you are suffering from these symptoms, make an appointment with your primary care physician for a diagnosis.

Treatment:

There is no current cure for CKD.

In early stages, patients should take prescribed medications and work on kidney disease prevention. Late stage CKD treatment includes:

- Dialysis
- Kidney Transplant

Patient Outlook:

CKD has 5 stages that progress in different speeds depending on the person.

Most people with CKD are able to control their condition with medications and regular check ins with their doctor.



Resources:

Clinic, M. (2021, September 3). Chronic kidney disease. Mayo Clinic. Retrieved April 23, 2023, from <https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/syc-20354521>

Foundation, N. K. (2023, April 4). Kidney basics. National Kidney Foundation. Retrieved April 23, 2023, from <https://www.kidney.org/kidney-basics>

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