

Chronic Kidney Disease

What does Chronic Kidney Disease mean?

Chronic Kidney Disease (sometimes called CKD) is a long-term condition where the kidneys do not work as well as they should.

With CKD, waste products can build up in the body and the kidneys may also leak blood and protein into your urine. CKD is mostly caused by high blood pressure and diabetes. There are other causes which you may need to discuss with your doctor.

In most cases, a new CKD diagnosis has no symptoms. However, CKD does increase the risk of cardiovascular disease, such as heart attack and stroke. Luckily, only a small number of patients will need a kidney transplant or dialysis.

Many people with CKD can live normal lives. Although kidney damage cannot be reversed, it will not worsen for many people, particularly if caught and managed well at an early stage.

What can I do to help stop CKD from getting worse?



Stop smoking



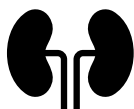
Eat a healthy diet that is low in salt



Try to be active, even a little exercise helps



Speak with your doctor or pharmacist to understand what your medication is for and how to take it



Make sure you have your blood pressure, urine and blood checked every year

Where can I find out more information about CKD?

Visit the London Kidney Network website to find out more about living with chronic kidney disease:

londonkidneynetwork.nhs.uk

If you have any further questions, please contact your GP practice