

Chronic Kidney Disease (also 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 (wee). 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.

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. However, it is worth bearing in mind that a small number of patients will need a kidney transplant or dialysis.

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



Make sure you have your blood pressure, urine and blood checked as often as your GP or nurse recommends.



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



Stop smoking



Try to be active - even a little exercise helps



Eat a healthy diet that is low in salt

Where can I find out more information about CKD?

- ✓ www.londonkidneynetwork.nhs.uk/preventing-progression
- ✓ www.kidneycareuk.org – information (different language options) and support
- ✓ www.kidney.org.uk – information and support

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

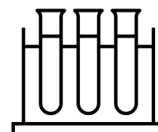
Information for people living with Chronic Kidney Disease



Urine testing for checking kidney health

A simple test for kidney disease is a urine test to see how much protein is in your urine.

Visit: <http://bit.ly/LKN-urine-test>



Healthy eating for your kidneys

A healthy diet will help to control your blood pressure and blood sugar levels. Eat less salt. Keep to a healthy weight.

Visit: <http://kidneycareuk.com/LKN-healthy-diet>



Healthy eating advice for African & Caribbean communities

To eat healthy, follow the Eatwell Guide, keep to recommended portions sizes and use salt alternatives.

Visit: <https://bit.ly/3xSHi7a>



Exercise and keeping fit

Help keep your kidneys healthy by exercising. Every move counts, e.g. walk faster and take the stairs. Speak to your medical team before starting a new exercise programme to make sure that it is suitable for your own health situation.

Visit: www.beamfeelgood.com/kidney-disease



More information about looking after your kidneys and living well with chronic kidney disease (CKD)

The CKD Health Check booklet provides an introduction to CKD and its treatment.

Visit: <https://kidneycareuk.com/LKN-CKD>

