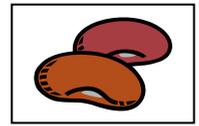


CKD PATIENT INFORMATION LEAFLET



Q: What is CKD?

CKD is a long term condition, kidneys take waste out of the blood so that it leaves the body as part of the urine. CKD means that for some reason this is not working as well as usual.

Q. What causes CKD?

For many people the cause is not known, but it is more common in people who have diabetes, High blood pressure or heart problems. It can also be caused by inflammation or swelling in the kidneys or a past history of urine infections.

Q. What is my target blood pressure?

Blood pressure depends on several factors. For most people, the target is to have a blood pressure of less than 150/90.

Q. How common is CKD?

A. CKD is very common and is mainly associated with ageing, the older you are the more likely you are to have some degree of CKD it is estimated that 1 in 5 men and 1 in 4 women between ages of 65 and 75 have some degree of CKD. About 5% of the population have kidneys which show some signs of damage .most of these people have mild damage.

Q How is CKD Diagnosed?

A. most people with CKD don't feel ill, it is usually diagnosed after blood or urine tests . A new blood test called EGFR (estimated glomerular filtrate rate) makes it much easier to recognize a problem with the kidneys.

Q. What can I expect at the practice?

- Once you have had initial blood and urine tests and your GP has diagnosed you with CKD you will be invited annually by letter for a clinic appointment.
- You will have an initial appointment which will last 10minutes with the nurse assistant She will do further blood tests to assess kidney function and cholesterol levels, she may also check your blood pressure if this has not already been checked.
- A week or two later you will have a further appointment at the clinic with the practice nurse. She will discuss results of your blood tests which will have been seen by your GP. You may need changes or additions to your medication.
- You will also be weighed, have your blood pressure taken, a finger prick test to check your blood sugar, you will be asked about your smoking status, general advice on healthy lifestyle choices may be given. It is an opportunity to ask any questions you may have about CKD.

Q. But I feel fine am I at risk?

Most people with CKD respond well to treatment and continue to live normal lives. Kidney damage is usually permanent and it gets worse very slowly. A small percentage of people will eventually need dialysis or a kidney transplant. It will be important to control your blood pressure as if raised this can make CKD worse and increase your risk of heart disease and stroke.

Q.What things should I look out for?

- Blood in Urine
- Urine that looks foamy
- Signs of a urine infection – pain or burning
- When passing urine, offensive odour.
- Going to the toilet a lot
- Big change in amount the of urine passed.
- Persistent thirst
- Swollen ankles, feet, hands or face
- Back pain (kidney region)
- Tiredness / feeling unwell for no obvious cause
- Itchy skin
- Short of breath

Q. Where can I find more information?

Living a healthy lifestyle is the most important thing you can do to reduce the risk of CKD worsening

- Reduce salt intake
- Eat a healthy diet
- Take regular exercise
- Stop smoking
- Take the medications you have been prescribed by your doctor regularly

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If you want to take over the counter medications / herbal medicines be sure to check with your GP or pharmacist first as some of these may be harmful to your kidneys,

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