

CKD Education

INTRODUCTION

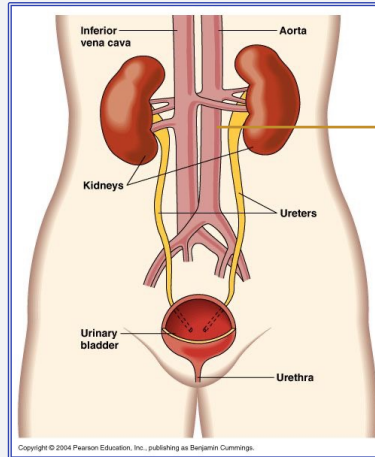


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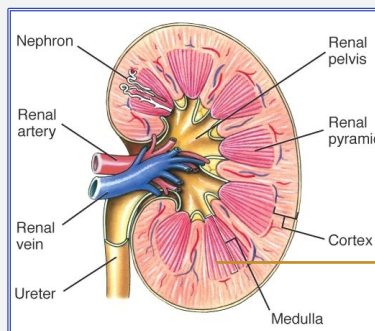
WHY LEARN ABOUT CHRONIC KIDNEY DISEASE (CKD)

1. Understand your labs and treatment plan as they change.
2. Try to slow the progression of kidney disease.
3. Handle the physical, emotional, and financial changes.
4. Prepare for the future.

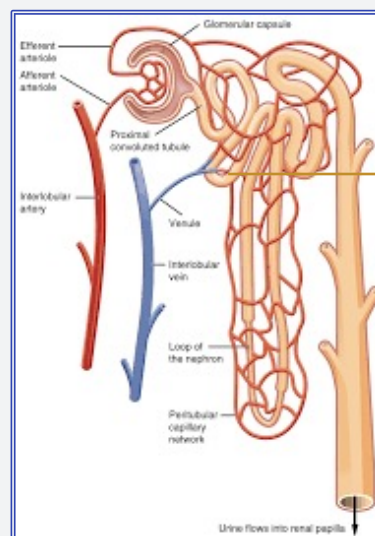
ANATOMY



Most people have two kidneys.



Unfiltered blood enters via the renal artery. Filtered blood exits via the renal vein.



Greater than 1.3 million nephrons in each kidney.

KIDNEY FUNCTIONS

- Remove waste products from blood
- Balance the body fluids
- Regulate blood chemistry (i.e. acid-base, sodium, phosphorus, potassium)
- Regulate blood pressure
- Ensure bone health
- Signal red blood cell production
- Support heart and blood vessel function



CAUSES OF CHRONIC KIDNEY DISEASE

CAUSES

- Diabetes (most common cause)
- High blood pressure
- Medications (NSAIDs, chemotherapy, contrast dyes)
- Infections
- Poor heart function
- Recurrent acute kidney injuries
- Autoimmune conditions

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CHRONIC VS. ACUTE KIDNEY DISEASE

CHRONIC KIDNEY DISEASE

- Non-reversible
- Progressive decline
- Variable progression rates

ACUTE KIDNEY DISEASE

- Sometimes reversible after acute insult
- Can become chronic

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CKD LABS

Creatinine

- Normal ~0.6 – 1.2
- Increases with progression of kidney disease

GFR (glomerular filtration rate)

- Normal > 90
- Lower with age
- Decreases with progression of kidney disease
- Is used to stage kidney disease

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STAGES OF CKD

1	Normal	> 90
2	Mild Disease	60 - 89
3a	Mild to Moderate Disease	45 - 59
3b	Moderate to Severe Disease	30 - 44
4	Severe Disease	15 - 29
5	Kidney Failure	< 15

SYMPTOMS OF ADVANCED CKD

Fatigue

Mood changes

Change in taste or metallic taste

Shortness of breath

Decrease in appetite

Swelling

Nausea and/or vomiting

Itching

STAGE 5 CKD OR KIDNEY FAILURE

Despite treatment and effort, kidneys can still fail.

- CKD tends to be progressive, with kidney function declining over time.

Kidney functions falls below 10-15%.

- Symptom burden increases

With treatment, it is possible to live long and live well.

TREATMENT CHOICES:

- Kidney transplant
- Peritoneal dialysis
- Hemodialysis
- Conservative kidney management
 - Medical management
 - Palliative care
 - Hospice referral when appropriate



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GOAL OF FOLLOW-UP APPOINTMENTS

- ✓ Help to slow progression of CKD.
- ✓ Address the problems that come along with CKD.
- ✓ Education and preparation for renal replacement therapy (if warranted).
- ✓ Frequency of follow-up appointments depends on stage of CKD

QUESTIONS?

InterMed Consultants has been providing renowned kidney care in the Minneapolis area, as well as greater Minnesota, since 1979.

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