

LIVING WELL WITH CHRONIC KIDNEY DISEASE



Everyone's journey is different. Ask your health care provider about how you can live well with chronic kidney disease (CKD). Visit mykidneysmyhealth.com to learn the areas that matter most to you.



What do my kidneys do?

- Cleans blood
- Keeps red blood cell count normal
- Regulates salt and water
- Regulates blood pressure
- Keeps bones healthy and strong
- Balances minerals such as phosphate and potassium



How is CKD diagnosed?

There are 2 main tests:

1. Blood test through your estimated glomerular filtration rate (eGFR): tests how well kidneys filter blood
2. Urine test through protein: looks for blood and protein that are not normally in urine



What is CKD?

- When your kidneys are not working as well as they should be
- A range of conditions that may result in long-term kidney damage
- For many people, CKD will develop slowly over time, without any symptoms



What do my lab test results mean?

eGFR	Kidney Function
>90%	Normal
60-89%	Mild to moderate, manage lifestyle
30-59%	Moderate, manage lifestyle
< 30%	Severe, referral to a kidney doctor



What causes CKD?

- Main causes: diabetes and high blood pressure
- Other causes: heart disease, immune diseases, family history of kidney disease
- Other risk factors: age, heart disease, obesity, smoking



How can I manage my CKD?

There is no cure, but early diagnosis, treatment, and these key actions may slow progression:

- Control your blood pressure
- Control your diabetes
- Maintain a healthy weight
- Stop smoking

To learn more visit mykidneysmyhealth.com