

CHRONIC KIDNEY DISEASE

Chronic Kidney Disease: The Basics

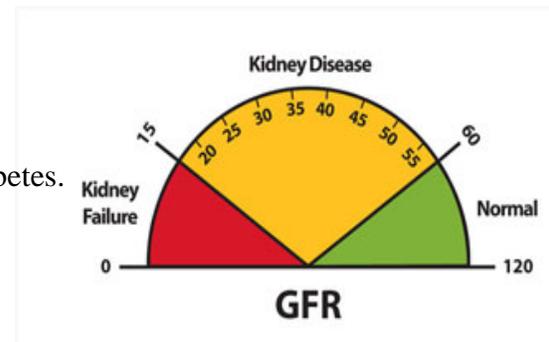
You have two kidneys, each about the size of your fist. Their main job is to filter wastes and excess water out of your blood to make urine. They also keep the body's chemical balance, help control blood pressure, and make hormones.

CKD means that your kidneys are damaged and can't filter blood like they should. This damage can cause wastes to build up in your body. It can also cause other problems that can harm your health.

CKD is often a "progressive" disease, which means it can get worse over time. CKD may lead to kidney failure. The only treatment options for kidney failure are dialysis or a kidney transplant.

You can take steps to keep your kidneys healthier longer:

- Choose foods with less salt (sodium).
- Keep your blood pressure below 130/80.
- Keep your blood glucose in the target range, if you have diabetes.



CKD and My Health

How does my health care provider know I have CKD?

Chances are, you feel normal and were surprised to hear that you have CKD. It is called a "silent" disease, because many people don't have any symptoms until their kidneys are about to fail. The only way to know is to get your kidneys checked with blood and urine tests.

What causes CKD?

Diabetes and high blood pressure are the most common causes of CKD. There are other causes, too.

What medicines are used to treat CKD?

People with CKD often take medicines to

- Lower blood pressure
- Control blood glucose
- Lower blood cholesterol.

Chronic Kidney Disease Stages		
Stage	Description	GFR
2	Kidney Damage w mild decrease in GFR	60-89
3	Moderate decrease in GFR	30-59
4	Severe decrease in GFR	15-29
5	Kidney Failure	<15

Two types of blood pressure medicines—ACE inhibitors and ARBs—may slow CKD and delay kidney failure, even in people who don't have high blood pressure. Many people need to take two or more medicines for their blood pressure. They also may need to take a diuretic (water pill). **The goal is to keep your blood pressure below 130/80.**

Do I need to change my medicines?

Some medicines are not safe for people with CKD. **Do not take non-steroidal anti inflammatory medication NSAIDS (such as Aleve, Ibuprofen) you may use Tylenol. Tell your provider about**

all the medicines you take, including over-the-counter medicines (those you get without a prescription), vitamins, and supplements.

CKD and My Lifestyle

People with CKD can and should continue to live their lives in a normal way: working, enjoying friends and family, and staying active. They also need to make some changes as explained here.

Do I need to change what I eat?

What you eat may help to slow down CKD and keep your body healthier. Some points to keep in mind:

	Choose and prepare foods with less salt (sodium). Use less salt at the table.
	Select the right kinds and smaller amounts of protein.
	Choose foods that are healthy for your heart, like lean cuts of meat, skinless chicken, fish, fruits, vegetables, and beans.
	Read the Nutrition Facts Label, especially for sodium, to help you pick the right foods and drinks.

Do I need to change what I drink?

- Water — You don't need to drink more water unless you have kidney stones. Drink as much water as you normally do.
- Soda and other drinks — If you are told to limit phosphorus, choose light-colored soda (or pop), like lemon-lime, and homemade iced tea and lemonade. Dark-colored sodas, fruit punch, and some bottled and canned iced teas can have a lot of phosphorus.
- Juice — If you are told to limit potassium, drink apple, grape, or cranberry juice instead of orange juice.
- Alcohol — You may be able to drink small amounts of alcohol. Drinking too much can damage the liver, heart, and brain and cause serious health problems.

No matter what your results are:

- Keep your blood pressure, blood glucose and blood cholesterol in your target range.
- Choose foods that are healthy for your heart and cut back on salt.
- Be more physically active.
- If you smoke, take steps to quit
- Take medicines the way your provider tells you to.
- No anti inflammatory medications (NSAIDS)



NSAIDS

Non Steroidal Anti Inflammatory Drugs

****Medications to avoid if told to avoid NSAIDS****

Generic name	Brand name
Aspirin	Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin
Choline and magnesium salicylates	CMT, Tricosal, Trilisate
Choline salicylate	Arthropan
Celecoxib	Celebrex
Diclofenac potassium	Cataflam
Diclofenac sodium	Voltaren, Voltaren XR
Diclofenac sodium with misoprostol	Arthrotec
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen calcium	Nalfon
Flurbiprofen	Ansaid
Ibuprofen	Advil, Motrin, Motrin IB, Nuprin
Indomethacin	Indocin, Indocin SR
Ketoprofen	Actron, Orudis, Orudis KT, Oruvail
Magnesium salicylate	Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic
Meclofenamate sodium	Meclomen
Mefenamic acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Naprelan
Naproxen sodium	Aleve, Anaprox
Oxaprozin	Daypro
Piroxicam	Feldene
Rofecoxib	Vioxx
Salsalate	Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab
Sodium salicylate	various generics
Sulindac	Clinoril
Tolmetin sodium	Tolectin
Valdecoxib	Bextra