

WHAT YOU SHOULD KNOW ABOUT CHRONIC KIDNEY DISEASE

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Healthy kidneys do many things to help the body work well. They get rid of waste from the body. They keep a good balance between water and electrolytes. The kidneys also make hormones that help make red blood cells. Chronic kidney disease is often caused by diabetes. But many other diseases can harm your kidneys. Ask your doctor if you should be tested for chronic kidney disease if you:

- are older than 55 years
- have diabetes or high blood pressure
- have a relative with kidney failure

How to keep from getting kidney disease

- Don't smoke
- Exercise regularly
- If you have high blood pressure or diabetes, work with your doctor to keep your blood pressure and blood sugar at healthy levels

Symptoms of chronic kidney disease

You may not know you have chronic kidney disease until the kidneys are already badly damaged. Symptoms may include:

- Tiredness
- Confusion
- Trouble sleeping
- Feeling sick to your stomach or throwing up
- Having no appetite
- Swelling in your feet, ankles, or around your eyes

Treatment of chronic kidney disease

Your doctor will decide how to treat your disease on the basis of what is causing it. If it is found early and treated, chronic kidney disease can be controlled so that your kidneys will keep working. If your kidneys do fail, kidney dialysis and kidney transplantation are effective treatments.

For More Information



National Kidney Foundation
www.kidney.org/atoz/atozItem.cfm?id=134

National Kidney Disease Education Program
www.nkdep.nih.gov

American Association of Kidney Patients
www.aakp.org