

South Central's Health on Blast

Chronic Kidney Disease (CKD)

- Chronic kidney disease (CKD) is a condition characterized by a gradual loss of kidney function over time.
- CKD is also known as a “silent killer” because it usually doesn't have any symptoms until in an advanced stage.
- 26 million American adults have CKD and millions of others are at increased risk.
- African Americans have a 40% increased risk of developing CKD
- The two main causes of chronic kidney disease are diabetes and high blood pressure.

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What are the symptoms of CKD?

- Most people may not have any severe symptoms until their kidney disease is advanced. Some common symptoms are:
- feeling more tired and have less energy
- trouble concentrating
- poor appetite
- trouble sleeping
- muscle cramping at night
- swollen feet and ankles
- puffiness around your eyes, especially in the morning
- dry, itchy skin
- need to urinate more often, especially at night.

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Preventing Chronic Kidney Disease

- Lower high blood pressure
- Keep blood-sugar levels under control, if diabetic
- Follow a balance diet & reduce salt & sugar intake
- Avoid NSAIDs, a type of painkillers (ie. Advil/ibuprofen)
- Moderate protein consumption
- Exercise regularly
- Control weight
- Quit smoking
- Drink only in moderation
- Stay hydrated, avoid sodas or other artificial beverages
- Monitor cholesterol levels, urine and blood at annual physicals