

# Chronic Kidney Disease

## STATISTICS:

- One in nine U.S. adults, 20 million Americans, has Chronic Kidney Disease (CKD), and another 20 million are at increased risk. African Americans, Hispanics, Pacific Islanders, Native Americans and seniors are at increased risk. Other high-risk groups include those with diabetes, hypertension and a family history of kidney disease.
- Early detection can help prevent the progression of kidney disease to kidney failure. Glomerular filtration rate (GFR) is the best estimate of kidney function and persistent proteinuria means CKD.
- Three simple tests can detect CKD: blood pressure, urine albumin and serum creatinine.
- Heart disease is the major cause of death for all people with CKD. Hypertension causes CKD and CKD causes hypertension.

Reduce Your Risks Month

## RESOURCES:

### LMAS DISTRICT HEALTH DEPARTMENT

Luce County: (906) 293-5107  
Alger County: (906) 387-2297

Mackinac County: (906) 643-1100  
Schoolcraft County: (906) 341-6951

### National Kidney Foundation

800-622-9010, 30 East 33<sup>rd</sup> Street, New York, NY 10016  
Internet <http://www.kidney.org/kidneyDisease/>

### National Kidney Foundation's "Eating Out With Confidence Guide"

<http://www.kidney.org/atoz/atozItem.cfm?id=42>

### National Institutes of Health

<http://www.nlm.nih.gov/medlineplus/kidneydiseases.html>

### National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)

<http://kidney.niddk.nih.gov>



## WHAT YOU SHOULD KNOW:

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy by doing the jobs listed. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. Chronic kidney disease may be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite and have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

Anyone can get chronic kidney disease at any age. However, some people are more likely than others to develop kidney disease. You may have an increased risk for kidney disease if you:

- have diabetes
- have high blood pressure
- have a family history of chronic kidney disease
- are older
- belong to a population group that has a high rate of diabetes or high blood pressure, such as African Americans, Hispanic Americans, Asian, Pacific Islanders, and American Indians.

## SERVICES AVAILABLE: