

Chronic Kidney Disease



What Does It Mean For Me?

 Harvard Vanguard
Medical Associates
Atrius Health



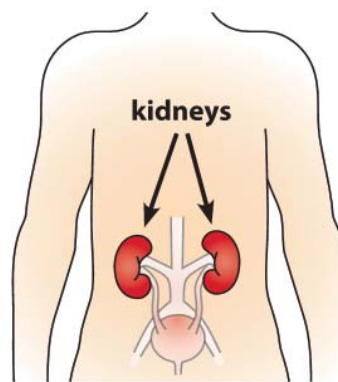
Chronic Kidney Disease: The Basics

You've been told that you have Chronic Kidney Disease (CKD). What does that mean? And what does it mean for your health and your life? This booklet will help answer some of these questions.

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

Chronic kidney disease means that your kidneys are damaged and can't filter blood like they should. This can cause wastes to build up in your body.

It is called "chronic" kidney disease because it does not go away. Chronic kidney disease is often a "progressive" disease, which means it can get worse over time. Sometimes it can lead to kidney failure. The only treatment option for kidney failure is dialysis or a kidney transplant.



You can take steps to keep your kidneys healthier longer:

- **Keep your blood pressure below 140/80 (which is read as "140 over 80")**
- **Choose foods with less salt (sodium)**
- **If you have diabetes, control your blood sugar**

Chronic Kidney Disease and My Health

How does my doctor know that I have Chronic Kidney Disease?

Chances are you feel normal. Chronic kidney disease 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 how your kidneys are doing is with blood and urine tests.

1. **A blood test checks your GFR.** GFR stands for glomerular (glow-MAIR-you-lure) filtration rate. This tells how well your kidneys are filtering.
2. **A urine test checks for albumin.** Albumin is a protein that can pass into the urine when the kidneys are damaged.

What causes Chronic Kidney Disease?

Diabetes and high blood pressure are the most common causes of kidney disease but there are other causes too. Your doctor may do other tests to figure out what is causing your chronic kidney disease.

Can Chronic Kidney Disease affect my health in other ways?

People with chronic kidney disease can develop:

- High blood pressure
- Heart attack and stroke
- Anemia (low number of red blood cells)
- Bone disease

Treating My Chronic Kidney Disease

What medicines are used to treat kidney disease?

People with kidney disease often take medicines to:

- Lower blood pressure
- Lower protein in the urine
- Lower cholesterol

Controlling blood pressure is very important. The goal is to keep your blood pressure below 140/80 (usually stated as “140 over 80”).

Many people need to take several medicines to get to this blood pressure goal. If you have side effects or want to stop the medicines for any reason, be sure to discuss this with your doctor first.

Medicine is just one step to lowering your blood pressure and cholesterol. You should also:

- Get regular exercise. Talk with your doctor about what is best for you.
- Lose weight if your doctor recommends it.

Do I need to change my medicines?

Some medicines are not safe for people with kidney disease. Other medicines need to be taken in smaller doses. Tell your provider about all the medicines you take, including over-the-counter medicines.

AVOID common over-the-counter pain killers such as Ibuprofen, Advil, Motrin, Naprosyn, and Aleve. It is okay to take Tylenol for your aches and pains.

Chronic Kidney Disease and My Lifestyle

People with chronic kidney disease can and should continue to live their lives in a normal way but you need to watch what you eat.

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).
Try not to add salt at the table.



Read the Nutrition Facts Label on the food you buy.
Check the salt (sodium) to help you pick the right foods and drinks.



Choose foods that are healthy for your heart, like lean cuts of meat, skinless chicken, seafood, fruits, vegetables, and beans.

Maintain a Low Salt Diet

Nutrition Facts		
Serving Size: 100 grams (100g)		
Amount Per Serving		
Calories	49	Calories from Fat 14
% Daily Value*		
Total Fat	1.6 g	2%
Saturated Fat	0.5 g	2%
Trans Fat	0.5 g	2%
Cholesterol	6 mg	2%
Sodium	338 mg	14%
Potassium	169 mg	5%
Total Carbohydrate	6.8 g	2%
Dietary Fiber	0.6 g	2%
Sugars	0.39 g	
Sugar Alcohols	0.6 g	
Protein	2 g	
Vitamin A	960 IU	19%
Vitamin C	27 mg	45%
Calcium	11 mg	1%
Iron	0.2 mg	1%

Salt (sodium) can raise your blood pressure.

- Count your salt during the day.
- Limit salt to less than 2000 mg per day.
- Look for food with less than 140 mg of salt (sodium) per serving.
- Avoid salted snacks like chips.
- Limit canned and frozen foods.

This food has too much salt!

Keep your kidneys as healthy as possible!



- Keep your blood pressure lower than 140/80.
- Take your blood pressure medicines every day.
- Eat less salt.
- Get regular exercise.

These steps will keep your kidneys as healthy as possible and will help to prevent heart attacks and stroke.

What will help to track my kidney disease?

The blood and urine tests used to find kidney disease are also used to monitor it. Other tests performed are in the table below. These tests should all be checked at least once per year:

Test Performed	Reason for Test
Blood pressure	Keep kidneys healthy
GFR Urine protein (albumin)	Monitor kidney function
Cholesterol	Check for heart disease
Hemoglobin	Check for anemia
Vitamin D Calcium Phosphorous	Check for bone disease

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