



# Chronic Kidney Disease

## What does Chronic Kidney Disease mean?

Chronic Kidney Disease (sometimes called CKD) is a long-term condition where the kidneys do not work as well as they should.

With CKD, waste products can build up in the body and the kidneys may also leak blood and protein into your urine. It is mostly caused by hypertension and diabetes, but there are other causes which you can discuss with your doctor.

In most cases a new CKD diagnosis won't cause problems. There is however an increased risk of cardiovascular events such as heart attacks and strokes. Luckily only a small number of patients will need a transplant or dialysis.

Many people with CKD can live normal lives and although the damage cannot be reversed, the condition will not worsen for many people, particularly if caught and managed well at an early stage.

## What can I do to help prevent CKD from getting worse?



**Try to be active, even a little exercise helps**



**Eat a low salt diet that is as healthy as possible**



**Stop or cut back on smoking**



**Speak with your doctor or pharmacist to understand what your medication is for and how to take it**



**Make sure you get your blood, urine and blood pressure checked on a yearly basis**

## Where can I find more information about CKD?

Visit the following link to register for "**Know Your Kidneys**" a 1 hour virtual education session on living with chronic kidney disease led by a nurse specialist

**<https://www.nwlondonics.nhs.uk/CKD>**

If you have any further questions, please contact your GP practice