



Temple Care Health Ministry, ADA CKD Initiative

Understanding Chronic Kidney Disease (CKD)

A Plain-Language Guide for
Patients, Families & Caregivers

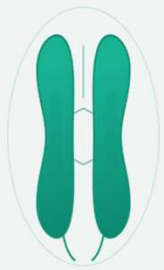
1 in 7 Adults Affected > 14 Slides



KIDNEY HEALTH AWARENESS

Disclaimer

This presentation is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. Always consult your healthcare provider for personalized guidance.

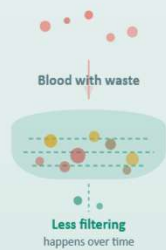


YOUR TWO KIDNEYS

What Do Your Kidneys Do?

-  **Filter waste and toxins** from your blood
-  **Remove extra water** from your body as urine
-  **Help control** your blood pressure
-  **Help make red blood cells** that carry oxygen
-  **Keep your bones strong** and healthy
-  **Balance important minerals** like salt and potassium

Did you know? You have two kidneys, each about the size of your fist, located near the middle of your back.



Think of your kidneys as filters.
In CKD, those filters get clogged.

UNDERSTANDING CKD

What Is Chronic Kidney Disease?

-  CKD means your kidneys are **damaged** and can't filter your blood as well as they should
-  "**Chronic**" means it happens slowly over time — months or years
-  Waste products can build up in your blood and make you feel sick
-  About **1 in 7** American adults has CKD — most don't know it
-  CKD can range from **mild to severe** — there are 5 stages

THE GOOD NEWS



Early treatment can slow it down and help you feel better.

RISK FACTORS

Who Is at Risk?

**Diabetes**

Most common cause

**High Blood Pressure**

Leading risk factor

**Heart Disease**

Shared risk factors

**Overweight or Obese**

Extra strain on kidneys

**Over Age 60**

Risk increases with age

**Family History**

Genetic predisposition

**Smoking or Tobacco**

Damages blood vessels

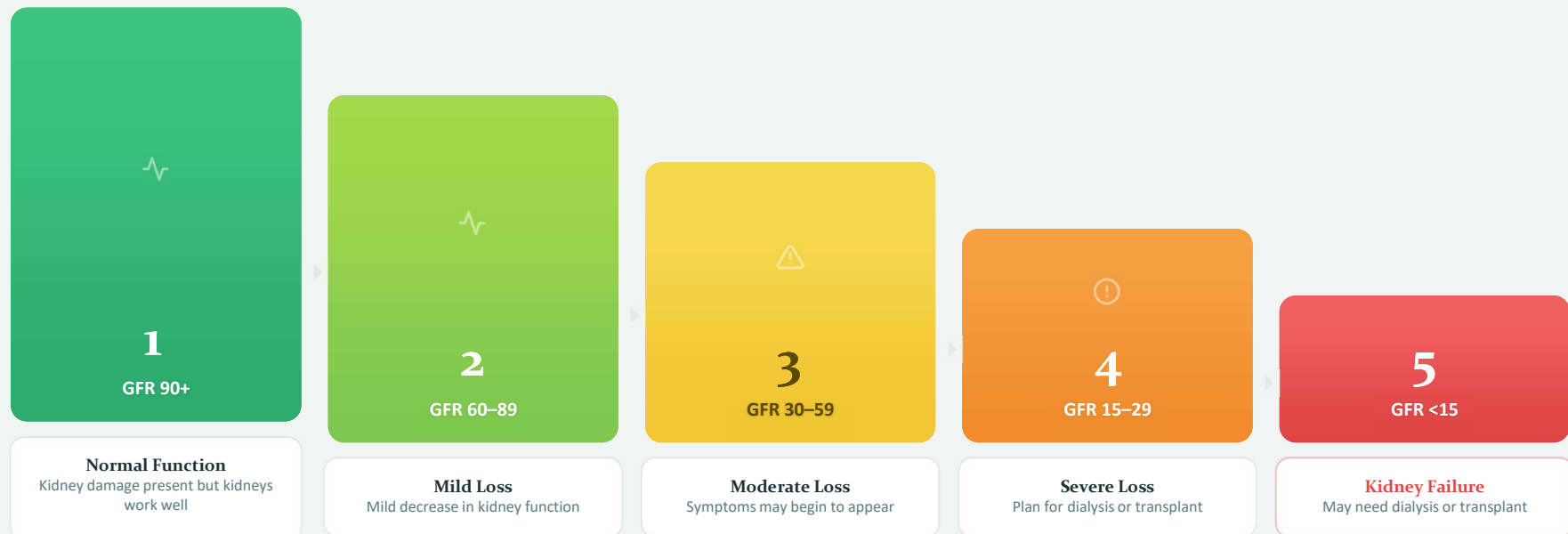
**Certain Ethnic Groups**

African American, Hispanic, Native American



Having a risk factor doesn't mean you will get CKD — but it means you should get checked. About 1 in 3 adults with diabetes and 1 in 5 with high blood pressure may have CKD.

The 5 Stages of CKD



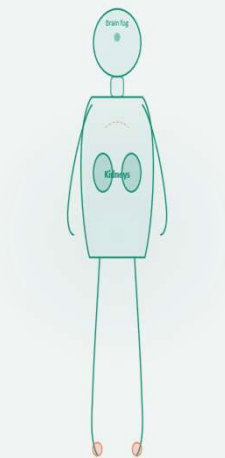
 Stages are based on how well your kidneys filter your blood, measured by a number called **GFR** (glomerular filtration rate).

Signs and Symptoms

EARLY SIGNS

Often mild or absent

-  Feeling more tired than usual
-  Foamy or bubbly urine
-  Urinating more or less often than usual
-  Trouble sleeping
-  Dry or itchy skin



LATER / ADVANCED SIGNS

More noticeable as CKD progresses

-  Swelling in feet, ankles, or hands
-  Shortness of breath
-  Nausea or vomiting
-  Loss of appetite and weight loss
-  Muscle cramps
-  Trouble concentrating
-  Breath that smells like ammonia



Many people with CKD have **NO symptoms** in the early stages. That's why testing is so important!

How Is CKD Diagnosed?

Simple tests can detect kidney disease early — even before you feel any symptoms.



Blood Test (eGFR)

1

Measures how well your kidneys are filtering waste from your blood. It's a simple blood draw — quick and easy.



Urine Test (ACR)

2

Checks for protein (albumin) in your urine, which can be an early sign of kidney damage — even before other symptoms appear.



Blood Pressure Check

3

High blood pressure can be both a cause and a result of CKD. Regular monitoring helps catch problems early.



Imaging

4

Sometimes an ultrasound or scan is used to look at kidney size and structure for any abnormalities.



Ask your doctor about kidney testing, especially if you have **diabetes**, **high blood pressure**, or other risk factors.



Treatment Options



Medications

Control blood pressure, manage diabetes, lower cholesterol, treat anemia, and protect your kidneys



Diet Changes

Eat less salt, manage protein intake, and limit minerals like potassium and phosphorus



Lifestyle Changes

Exercise regularly, quit smoking, maintain a healthy weight, and limit alcohol



Dialysis

For advanced kidney failure — a machine filters your blood when your kidneys can't. Two types: **hemodialysis** and **peritoneal dialysis**



Kidney Transplant

A healthy kidney from a living or deceased donor replaces the failing kidney — offering the best long-term outcome for many patients



Treatment depends on the stage of CKD. Earlier treatment means better outcomes.



✓ DO MORE OF

- 8 **Fresh fruits & vegetables**
Whole, fresh, or frozen varieties
- ☰ **Whole grains**
Brown rice, whole wheat bread & oats
- 🍷 **Lean proteins in moderation**
Fish, chicken, or plant-based options
- 🌿 **Herbs & spices instead of salt**
Flavor your food naturally
- 💧 **Drink plenty of water**
Stay well hydrated throughout the day

✗ DO LESS OF

- ⚠️ **Salt & sodium**
Aim for less than 2,300 mg per day
- ⚠️ **Added sugars**
Less than 10% of daily calories
- ⚠️ **Processed & fast foods**
Often high in sodium and additives
- ⚠️ **Saturated fats**
Choose healthier fats like olive oil

Tip: The DASH eating plan may help lower blood pressure — ask your doctor a

👤 **Your doctor or a dietitian** can create a meal plan that's right for *your* stage of kidney disease. Everyone's needs are different — personalized guidance makes a real difference.



Lifestyle Tips to Protect Your Kidneys

Small daily habits can make a big difference in kidney health



1

Stay Active

Aim for regular physical activity to help control blood sugar and blood pressure.



2

Manage Your Weight

Being overweight raises your risk for CKD. Work toward a healthy weight.



3

Quit Smoking

Smoking damages blood vessels and worsens kidney disease. Ask for help quitting.



4

Take Medications as Prescribed

Don't skip doses — your medications are protecting your kidneys every day.



5

Monitor Blood Pressure

Check it regularly and keep it under control. High BP is a leading cause of CKD.



6

Manage Blood Sugar

If you have diabetes, stay on target. Meet your blood sugar and A1C goals.



7

Limit Alcohol

Alcohol can raise blood pressure and add extra strain on your kidneys.



8

Get Your Flu Shot

People with CKD have a higher risk from the flu. Stay up to date on vaccinations.



You have the power to protect your kidneys. Even small changes in your daily routine can slow kidney disease and help you feel your best.

When Should You See a Doctor?

 **KNOW THE SIGNS**

SEE YOUR DOCTOR IF YOU NOTICE

- ☒ Swelling in your legs, ankles, or feet
- ☒ Changes in how often you urinate
- ☒ Blood in your urine
- ☒ Persistent fatigue or weakness
- ☒ Difficulty concentrating
- ☒ Persistent nausea or loss of appetite

Tip: See a provider right away if you develop a urinary tract infection — it can cause kidney damage if left untreated.

GET REGULAR SCREENING IF

- You have diabetes
- You have high blood pressure
- You have heart disease
- You have a family history of kidney disease
- You are over 60

 Early CKD has **no signs or symptoms** — testing is the only way to know. The earlier you take action, the better your outcomes.

 Early detection saves kidneys. Don't wait for symptoms — ask about testing!

Key Takeaways

What to remember about Chronic Kidney Disease

1

CKD is **common** — about 1 in 7 adults have it, and most people don't know they have it.

2

Your **kidneys are vital filters** that keep your whole body healthy — from blood pressure to bone strength.

3

Diabetes and high blood pressure are the two leading causes of CKD.

4

Early detection through simple blood and urine tests can make a big difference in outcomes.

5

Healthy lifestyle choices — eating well, staying active, managing conditions — can protect your kidneys and slow CKD.



Your kidneys work hard for you — take steps to take care of them!

Resources & Support



National Kidney Foundation

[kidney.org](https://www.kidney.org)

Information, support groups, and tools for patients and families



American Kidney Fund

[kidneyfund.org](https://www.kidneyfund.org)

Financial assistance, education, and community support programs



NIDDK

[niddk.nih.gov](https://www.niddk.nih.gov)

Research-based patient resources from the National Institutes of Health



CDC CKD Initiative

[cdc.gov/kidney-disease](https://www.cdc.gov/kidney-disease)

Prevention tips, data, and public health resources on kidney disease



Your Doctor or Healthcare Team

Your best resource for personalized care — including doctors, dietitians, and kidney specialists who know your unique situation



You are not alone. Help and information are available.



Thank You

Take Care of Your
Kidneys —
They Take Care of You



This presentation is for general education only and is not a substitute for professional medical advice. Always consult your healthcare provider for personalized guidance.