



CHRONIC KIDNEY DISEASE

— What to Look For and What to Do —

Chronic kidney disease, or CKD, means the kidneys are damaged and may not filter blood as well as they should.



Many people do not feel sick in the early stages, so blood and urine tests are the best way to know your kidney health.



WHAT TO LOOK FOR

- ✓ Foamy, bloody, or changed urination.
- ✓ Swelling in feet, ankles, hands, or around eyes.
- ✓ Unusual tiredness, itching, nausea, or poor appetite.
- ✓ Cramps, trouble sleeping, shortness of breath, or confusion.



WHO SHOULD ASK ABOUT TESTING?

Ask about kidney testing if you have diabetes, high blood pressure, heart disease, a family history of kidney disease, or abnormal kidney lab results.



WHAT TO DO

- ✓ Ask for an **eGFR blood test** and a **urine albumin/protein test**.
- ✓ Keep **blood pressure** and **blood sugar** in your target range.
- ✓ Take **medicines** as prescribed; ask before using pain medicines or supplements.
- ✓ Choose **lower-salt foods**, **stay active**, **avoid tobacco**, and **keep appointments**.



THE 5 STAGES OF CKD

1

GFR 90+ Normal Function

Kidney damage present but kidneys work well



2

GFR 60–89 Mild Loss

Mild decrease in kidney function



3

GFR 30–59 Moderate Loss

Symptoms may begin to appear



4

GFR 15–29 Severe Loss

Plan for dialysis or transplant



5

GFR <15 Kidney Failure

May need dialysis or transplant



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



CALL A HEALTHCARE PROFESSIONAL PROMPTLY IF



New or worsening **swelling**, shortness of breath, chest discomfort, confusion, or very little urine.



Blood in the urine, repeated vomiting, or symptoms that are getting worse.



QUESTIONS TO ASK



What are my **eGFR** and **urine albumin** results?



How often should my kidneys be checked?



Do I need **medicine**, **food**, or **follow-up changes**?



REMEMBER:

Early detection and regular follow-up can help slow kidney damage and **protect your health**.



Scan the QR Code to **learn more** about chronic kidney disease (CKD) and the American Diabetes Association's CKD Community Initiative.



Provided by the Freewill Community Development Corp., in partnership with the Freewill Missionary Baptist Church, the American Diabetes Association, and ConnectionHealth.



DISCLAIMER: This publication is provided for educational and informational purposes only and does not constitute providing medical advice or professional services.