

Chronic Kidney Disease

What is CKD?

Any reduction in the function of kidneys from filtering blood.

50% of people over 75 have some degree of kidney disease.

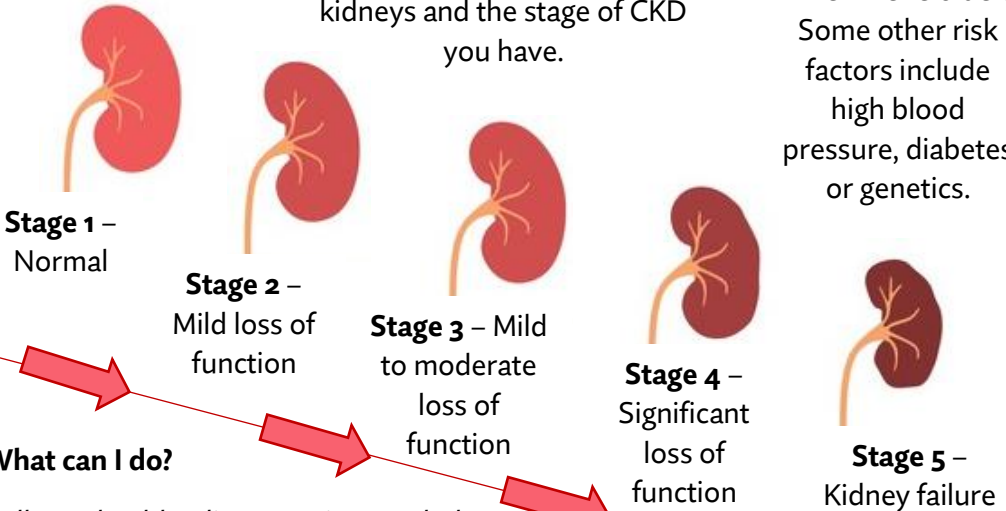
(CKD)

What are the stages of CKD?

The **eGFR** blood test indicates the flow rate through your kidneys and the stage of CKD you have.

Why do I have CKD?

Our kidneys get older as we do, they naturally don't filter as well when we're older. Some other risk factors include high blood pressure, diabetes or genetics.



What can I do?

Follow a healthy diet, exercise regularly and stopping smoking. Please contact the surgery if you would like support with this.

It is important to keep your blood pressure in a normal range, as this can damage your kidneys long term. You may need to take blood pressure medications.

Do I need to be monitored?

You will likely have yearly blood tests to monitor your kidneys.

Do I need to see a kidney specialist or have dialysis?

Your doctor may refer you to a kidney unit if you reach CKD stage 4 or 5. Most people do not require dialysis until they have kidney failure.

