

Chronic Kidney Disease (CKD)



What is CKD?

Chronic Kidney Disease is a long-term condition where the kidneys do not work as well as they should. Over time, it can lead to kidney failure if not managed properly.

Diagnosis

Blood Tests: Measuring creatinine levels.

Urine Tests: Checking for protein in the urine.

Imaging Tests: Ultrasound or CT scans of kidney.

Biopsy: Taking a small sample of kidney tissue for analysis.

Stages of CKD

CKD is divided into 5 main stages based on Glomerular Filtration Rate (GFR) and other signs of kidney damage.

The GFR should be at these levels for at least 3 months:

Stage 1:	Above 90
Stage 2:	60-89
Stage 3a:	45-59
Stage 3b:	30-44
Stage 4:	15-29
Stage 5:	Below 15

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

Management

Medications: Control blood pressure, blood sugar, and cholesterol levels.

Diet: Low-sodium, low-protein diet; avoid processed foods.

Lifestyle Changes: Regular exercise, quitting smoking, and reducing alcohol intake.

Monitoring: Regular check-ups and blood tests to track kidney function.

Dialysis or Transplant: For advanced stage of CKD.