

Chronic Kidney Disease



Risk Factors:

- **Age**
Adults aged 65 years or older have a higher risk of CKD.
- **Sex**
Females have a slightly higher risk of CKD.
- **Race/Ethnicity**
Hispanic Americans, non-Hispanic African Americans, and non-Hispanic Asian Americans have the highest risk of CKD.
- **Family History of Kidney Disease**
- **Diabetes**
- **High Blood Pressure**
- **Long history of taking pain relief medication**

Warning Signs:

- **Fatigue**
- **Sleep problems**
- **Change in urination**
- **Swelling of hands, feet, or ankles**
- **Dry and itchy skin**
- **Loss of appetite**

CKD increases the risk of:

- **Anemia**
- **Weak and brittle bones**
- **Gout**
- **Heart attack and stroke**
- **Nerve damage**
- **Infection due to weak immune system**

Chronic Kidney Disease (CKD) is a condition in which kidney function is gradually lost overtime. The disease occurs when your kidneys are unable to filter waste and excess fluids from your body as well as they should be. The gradual decline of kidney function can eventually lead to kidney failure, which represents the final stages of kidney disease

Five stages of CKD: There are 5 stages of CKD, where both kidneys lose function overtime.

Stage 1: Mild early-stages of kidney damage with mostly normal kidney function.

Stage 2: Early-stage kidney damage, with mild decrease of kidney function.

Stage 3A: Mild to moderate loss of kidney function.

Stage 3B: Moderate to severe loss of kidney function.

Stage 4: Severe damage with minimum kidney function

Stage 5: Most severe kidney damage (kidney failure). Will need to be on dialysis.

Resources

CDC Chronic Kidney Disease:
www.cdc.gov/kidney-disease/index.html

National Kidney Foundation:
www.kidney.org

For more information and data go to www.SDHealthStatistics.com
Community Health Statistics Unit:
619-692-6667

Facts

- More than 1 in 7 American adults have CKD.
- Kidney diseases are a leading cause of death in the United States.
- About 9 out of 10 adults with CKD do not know they have it.

Prevent Complications

- **Keep blood pressure below 140/90 mm Hg** or the targeted range given by your doctor.
- **Get Active.** At least 30 minutes of exercise a day.
- **Maintain a healthy weight.**
- **Limit alcohol intake.**
- **Quit or do not smoke.** Smoking can worsen kidney disease and interfere with medications to lower blood pressure.

