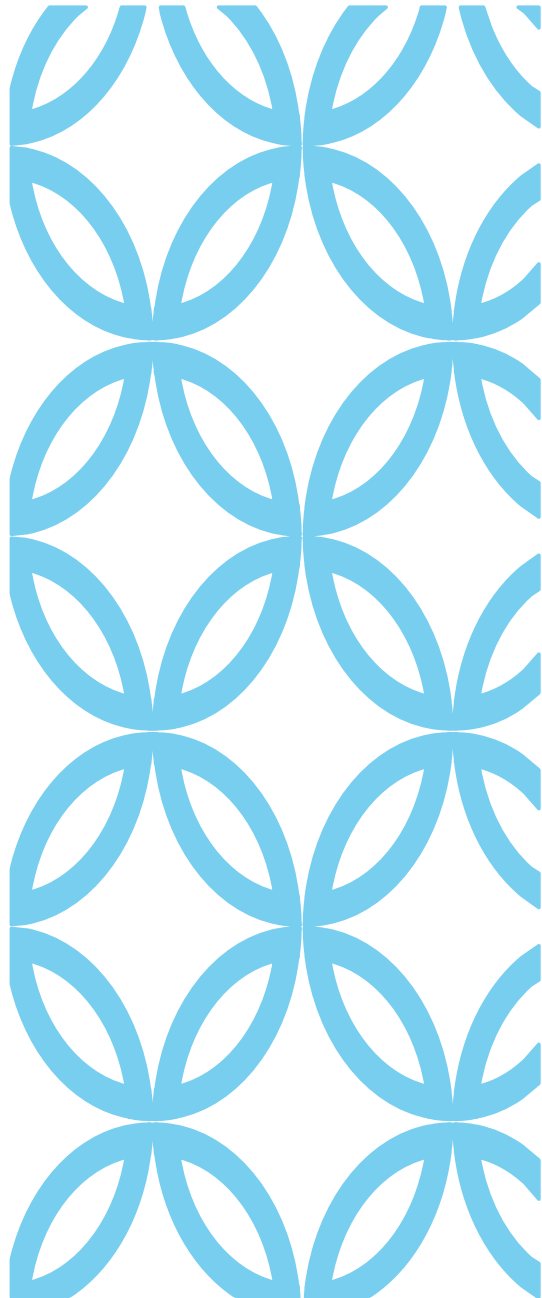




Dr Siobhan Carver

Chartfield Surgery

CHRONIC KIDNEY DISEASE (CKD): WHY EARLY DETECTION MATTERS

WHAT DO YOUR KIDNEYS DO?

Filter waste from blood

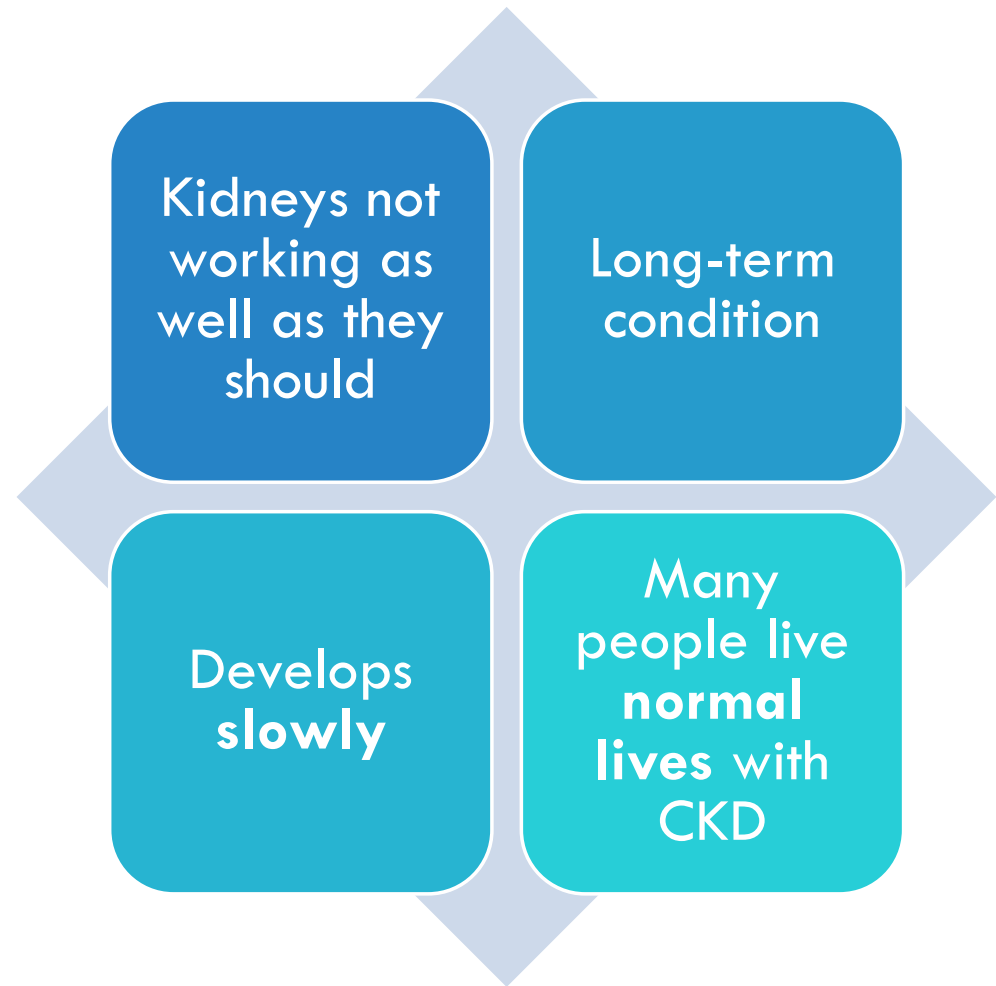
Balance water and salts

Help control blood pressure

Produce hormones

They act like your body's
natural filter

WHAT IS CHRONIC KIDNEY DISEASE?



WHY DOES CKD MATTER?

Common (about 1 in 10 people)

Increases risk of heart disease and stroke

Can worsen over time

Early detection helps prevent complications

WHO IS AT RISK?

Older age

Diabetes

High blood pressure

Heart disease

Family history

These groups need regular checks

SYMPTOMS



Usually no symptoms early



Found on blood or urine tests



Later: tiredness, swelling, breathlessness



You can feel well and still have CKD

STAGES OF CKD

- Stages 1–3 = early CKD

- Stages 4–5 = advanced

Lower function = higher stage

Measured by blood and urine tests

You can read more about this on: <https://kidneycareuk.org/kidney-disease-information/stages-of-kidney-disease/>

HOW IS CKD DETECTED?



- Blood test: eGFR



- Urine test: ACR



Called a kidney health check



Often done yearly in at-risk groups

UNDERSTANDING YOUR BLOOD TEST (EGFR)

eGFR shows how well kidneys filter blood

Higher number = better kidney function

Lower number = reduced function

Checked with a simple blood test

Often monitored yearly

HOW CAN YOU PROTECT YOUR KIDNEYS

Healthy diet & exercise

Stop smoking

Reduce Alcohol

Keep blood pressure controlled

Manage diabetes

Avoid frequent NonSteroidal anti-inflammatory agents e.g. Ibuprofen

Caffeine is not harmful in moderation
(generally up to 3 cups of coffee/day)

KIDNEY- FRIENDLY DIET BASICS



- Eat a balanced diet (fruit, veg, wholegrains)



- Reduce salt intake



- Stay hydrated



- Avoid excess processed foods
Apps can be helpful for avoiding processed foods e.g. Yuka



- Ask if you need dietitian advice

**MEDICATION
THAT CAN BE
USED TO
PROTECT
YOUR
KIDNEYS**

Only when needed(!)

**Based on Blood Tests and
Urine Tests**

Statins

ACEi

SGLT2s

KEY TAKEAWAYS

- CKD is common and often mild

- Usually no symptoms early

- Simple tests detect it

- Early action prevents complications

- Most people never need dialysis

QUESTIONS

‘Does CKD always get worse?’ – No, often stable

‘Will I need dialysis?’ – Most people won’t

‘Can I feel it?’ – Usually no symptoms early

‘Can I protect my kidneys?’ – Yes, with lifestyle + treatment

Any Questions

USEFUL WEBSITES

Trusted information & support:

Kidney Care UK

Easy-to-read guides, support & advice

NHS CKD page

Clear overview of symptoms, tests & treatment

Kidney Care UK booklets

Free downloadable patient leaflets

National Kidney Federation

Patient support & helpline