



**TAKE MORE CONTROL OVER
YOUR KIDNEY HEALTH**

Check your kidneys

You may be at risk of CKD – speaking to your pharmacist or doctor now may save your kidneys in the future.

What is chronic kidney disease (CKD)?

It's often a silent disease¹

Your kidneys are vital for filtering out the waste from your body and keeping you healthy.² CKD is a serious, long-term condition where the kidneys become damaged over time and their ability to function gradually declines.² Anyone can get CKD at any age; however, some people are more likely than others to develop kidney disease.³

Why is it important to get checked?

There are often no symptoms in the early stages of CKD. This is because, even when your kidneys are damaged, they can still work well enough to prevent you having any symptoms, allowing you to feel normal.² However, if your kidneys are overworked for too long this can result in significant irreversible damage.^{1,2} It's important to be tested for CKD if you're at risk, even if you feel well, as kidney damage can still affect your health.²

CKD can increase your chance of having high blood pressure, heart disease or a stroke.^{1,2} As kidney damage becomes more advanced you may begin to feel unwell. The symptoms of CKD are similar to other illnesses – headaches, loss of appetite, fatigue, weight loss, swollen ankles, feet and hands, shortness of breath, blood in urine, increased need to pee, itchy skin, chest pain, insomnia and sleep problems.^{2,4} This is why it is important to get tested early, so you can take steps to protect your kidneys and your health as soon as possible.²

Most people are diagnosed by a blood and urine test so your doctor can estimate how well your kidneys are working and what stage of CKD you may have.³ Those who are diagnosed with CKD or at risk of developing CKD are routinely monitored and managed by healthcare professionals, who will provide lifestyle advice, prescribe medications to protect your kidneys (even if you have no symptoms) and help manage your symptoms when you feel unwell.^{4,5}

Why am I at risk?

There are many reasons why people are at risk of developing CKD.² This leaflet has been shared with you as your pharmacist thinks you may be at risk of CKD and would benefit from a conversation with your doctor.

You may be at risk of developing CKD due to one or more of these reasons:²

To be completed by pharmacy staff 

- High blood pressure Diabetes Heart disease Family history of kidney failure

Other comments:

.....

.....

Staff name:

Date:

What can you do to reduce your risk of CKD?

What you can do now:⁵⁻⁹



Don't smoke



Reduce your alcohol intake



Regularly exercise and maintain a healthy weight



Reduce your salt intake to less than one teaspoon a day



Stay hydrated

Ask your pharmacist or doctor about the following and their importance:^{5,6,9}



Monitoring and controlling your blood pressure



Eating a kidney-friendly diet



Keeping your cholesterol under control



If you have diabetes, managing your blood sugar



Medications that may make kidney disease worse

- C** • **Check** your kidney function with available tests
- K** • **Know** and understand your kidney numbers
- D** • **Discuss** your risk with your healthcare professional



If you have any questions, don't hesitate to speak to your pharmacist

Scan the QR code and take the 1-minute quiz for more information about CKD and your risk

The 1-minute quiz/survey has been developed by the International Society of Nephrology with financial support provided by AstraZeneca. AstraZeneca has also provided logistical support to create the survey web pages. ISN is a third party website independent of AstraZeneca.

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CKD, chronic kidney disease

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