

# CHRONIC KIDNEY DISEASE



**Chronic Kidney Disease**, known as CKD, is a condition that affects the kidneys. The kidneys function by filtering waste and excess water from the blood in the form of urine. In addition, they are responsible for producing hormones, signaling the need to make red blood cells, controlling blood pressure, and helping the body use some vitamins.

Chronic kidney disease causes the kidneys to lose their ability to perform their primary functions causing kidney failure or renal insufficiency. This health condition is progressive, so it can get worse over time. Although damage to the kidneys cannot be repaired, with treatment it is possible to enjoy a better quality of life by slowing the progression of the condition.

The two main causes of chronic kidney disease are diabetes and high blood pressure. However, there are other factors for the development of the condition, which are:

- Having a family history of kidney disease
- Being 60 years of age or older
- Obesity

## What are the symptoms?

Kidney disease is a silent condition and does not always present symptoms. But if kidney failure gets worse, the symptoms could be:

- Decreased energy
- Problems thinking clearly
- Poor appetite
- Problems sleeping
- Dry and itchy skin
- Muscle cramps at night
- Swelling of feet and ankles
- Swelling around the eyes, especially in the morning
- Need to urinate more frequently, especially at night

## How is it diagnosed?

The only way to know if your kidneys are working properly is to perform a blood test, which measures whether the kidneys are filtering well, and a urine test to check for the presence of albumin. Albumin is a protein that passes into the urine when the kidneys are affected. These two tests are done to detect if there is disease in the kidneys, in addition to checking if the treatment is working.

## What is the treatment?

The type of treatment depends on the stage of the chronic kidney disease you are in and other health conditions. However, it may include:

- Taking drugs as directed.
- Controlling high blood pressure. One or more drugs may be needed to control blood pressure.
- Controlling blood sugar if you have diabetes.
- Losing excess weight and limiting the amount of salt in your diet to help control high blood pressure.
- Following an exercise program approved by your physician.
- Consulting with a nutritionist about a dietary plan to help control salt, sugar, cholesterol, and proteins.
- Consult your physician if the disease has caused you to be anemic and include treatment for it.
- Take care of bone health by keeping the level of phosphorus in the blood balanced.
- Stop smoking if you are a smoker.

If your chronic kidney condition progresses, your physician may recommend that you undergo dialysis treatment or a kidney transplant.

**Consult your physician if you are at risk for chronic kidney disease. Get a diagnostic tests, early detection and the proper treatment can prevent chronic kidney disease from getting worse.**

Reference:

National Kidney Disease Education Program, NKDEP

<https://www.niddk.nih.gov/health-information/communication-programs/nkdep>

**For more information about chronic kidney disease or any other condition contact:**

**MCS Medilínea • 1.866.727.6271**  
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