



## Chronic Kidney Disease (CKD)



### Overview

This is kidney damage that tends to get worse over time. With chronic kidney disease, your kidneys don't work as well as they should. They don't adequately filter waste from your blood. Then, waste and fluid build up in the body, causing health problems. Over time, your kidneys may lose most of their ability to function. We call this "kidney failure."

### Causes

What causes chronic kidney disease? It may result from diabetes or high blood pressure. It may be linked to heart disease and obesity. Your risk for this disease is higher if you have a family history of kidney failure.

### Symptoms

What are the symptoms? Commonly, people with this disease don't notice any obvious symptoms. But we can do tests to figure out if you have it. If not managed, chronic kidney disease can lead to issues like anemia, frequent infections and loss of appetite. It can lead to depression and a lower quality of life.

### Treatment

How do we treat it? This disease tends to progress slowly. You can manage it with a healthier lifestyle. This includes things like a nutritious diet and regular exercise. If your disease progresses and you have kidney failure, you'll need dialysis. You may be able to have a kidney transplant. Your doctor will create a plan that's right for you.