



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at The Reschini Group

Early detection of CKD can help prevent progression to kidney failure or the onset of other problems like heart disease, which is the major cause of death for people with CKD.

## CHRONIC KIDNEY DISEASE

Chronic Kidney Disease (CKD) affects 26 million Americans, according to the National Kidney Foundation - and millions of others are at increased risk. Early detection can prevent complications such as kidney failure.

### What is CKD?

CKD is the slow loss of kidney function over a length of time. This disease lowers the kidneys' ability to remove waste from the body and perform other vital functions. It can lead to complications such as high blood pressure, anemia, nerve damage, heart disease, and kidney failure.

### Symptoms

Symptoms of CKD include:

- Fatigue and lower energy
- Trouble concentrating
- Decreased appetite
- Trouble sleeping
- Muscle cramps
- Swollen feet or ankles
- Puffiness around the eyes
- Dry, itchy skin
- Need to urinate more often, especially at night
- Headaches
- Nausea or vomiting
- Excessive thirst
- Bone pain
- Easy bruising or bleeding

### Detecting CKD

Most people will not have serious symptoms until advanced stages of CKD; therefore, it is extremely important to test for the disease to diagnose it early. CKD can be detected with a blood pressure screening, among other tests.

### Risk Factors

Although anyone can get CKD at any age, some have an increased risk for this disease, especially for those to whom the following apply:

- Have diabetes
- Have high blood pressure
- Have a family history of CKD
- Are older
- Are of African American, Hispanic, Pacific Island or Native American descent

### Treatment and Prognosis

Although there is no cure for CKD, treatments are available to help patients control the disease. These include controlling blood pressure and cholesterol, eating nutritiously, exercise, not smoking, and sometimes taking medication or vitamins. A doctor will recommend a treatment plan based on each individual.

