

# CHRONIC KIDNEY DISEASE

A brief overview of the disease and treatment options

## 01 CHRONIC KIDNEY DISEASE

Chronic kidney disease (CKD) is a condition where both of your kidneys gradually lose their ability to help your body remove waste and fluid from your blood. When this happens, harmful toxins and excess water begin to build up in your body, making you feel unwell and out of balance.

## 02 KIDNEY FUNCTION

Well-functioning kidneys remove waste and excess fluids from your blood, keep important minerals in balance, and help regulate blood pressure. In other words, your kidneys make sure your body stays healthy and balanced.

## 03 SYMPTOMS

Symptoms vary by individual, but some are more common than others. These are some of the common symptoms you may experience if your kidneys are not working properly.

- Weakness or tiredness
- Swelling of hands or feet
- Unexpected shortness of breath
- Loss of appetite or weight
- An unpleasant taste in your mouth
- Nausea
- Trouble sleeping
- Unexpectedly itchy skin
- Muscles cramps
- Skin might appear darker than normal

## 04 CAUSES OF CHRONIC KIDNEY DISEASE

In most cases, chronic kidney disease (CKD) is the result of other conditions that have permanently impacted your kidneys over time. These include the following:

- Diabetes
- High blood pressure
- Lupus
- Polycystic kidney disease
- Glomerulonephritis
- Injury or trauma

## 05 TREATMENT OPTIONS

Most people living with chronic kidney disease (CKD) are treated with dialysis – either at home or at a clinic. Dialysis is a process that removes waste and excess fluid from your blood that your kidneys are no longer able to filter out. There are different types of dialysis including:

**Peritoneal Dialysis** uses the lining of your abdomen, the peritoneal membrane, as a filter to clean your blood inside your body.

**Haemodialysis** filters your blood using a machine and a synthetic membrane called a dialyser.

