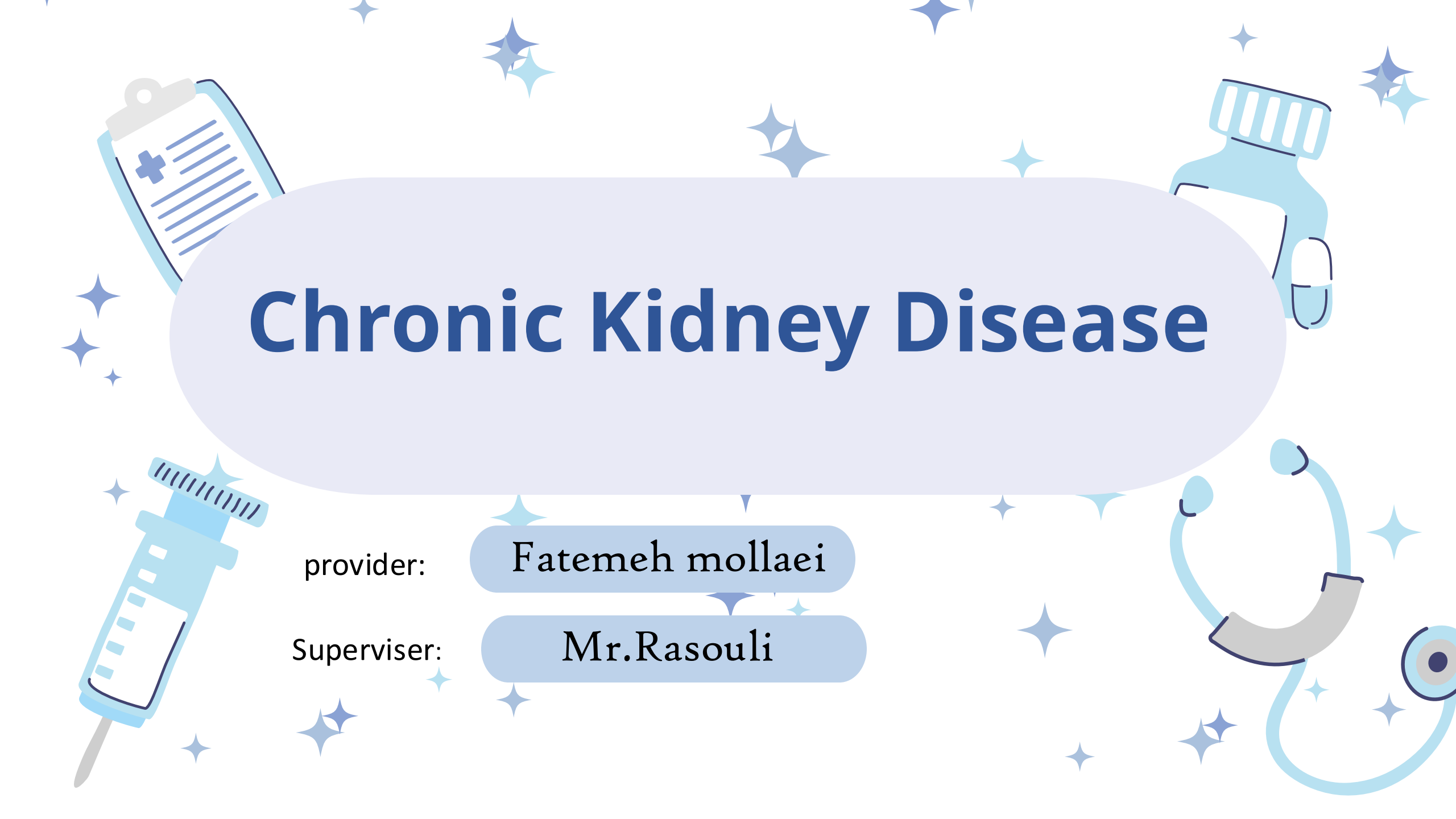


The background is white with scattered blue and light blue starburst shapes. On the left, there is a blue clipboard with a white sheet of paper featuring a blue cross and horizontal lines. Below it is a blue syringe with a white plunger and a grey needle. On the right, there is a blue stethoscope. In the center, a large, light purple rounded rectangle contains the title text.

Chronic Kidney Disease

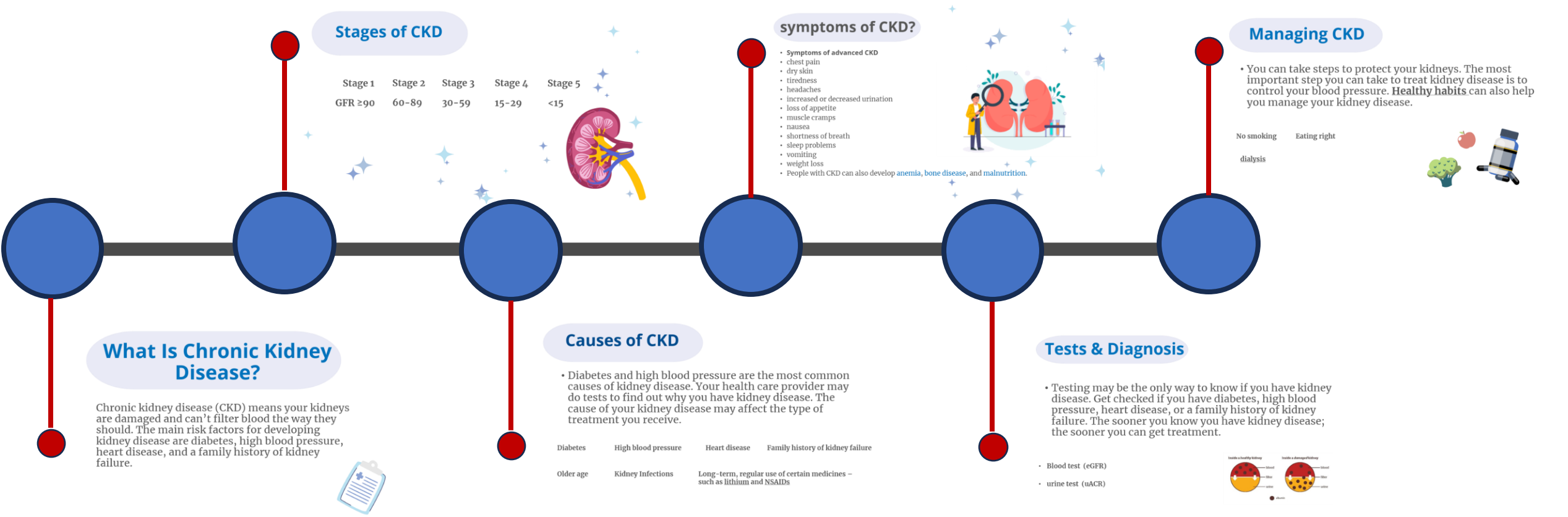
provider:

Fatemeh mollaei

Supervisor:

Mr.Rasouli

Chronic Kidney Disease



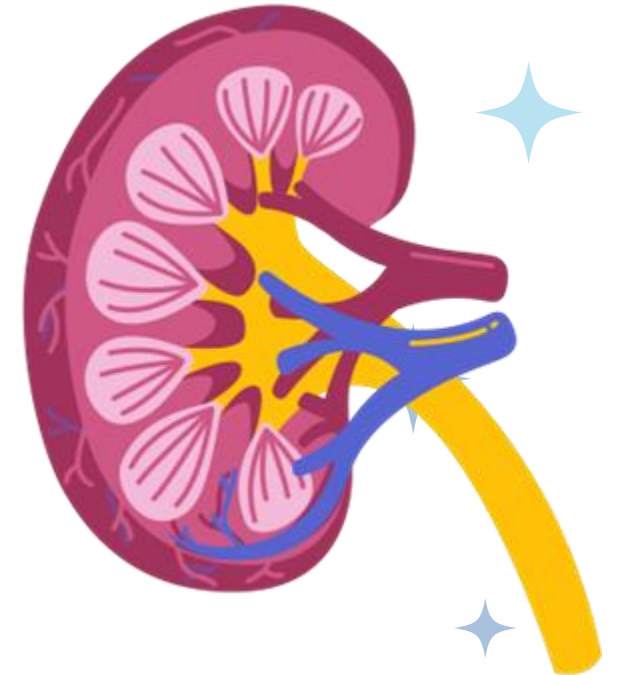
What Is Chronic Kidney Disease?

Chronic kidney disease (CKD) means your kidneys are damaged and can't filter blood the way they should. The main risk factors for developing kidney disease are diabetes, high blood pressure, heart disease, and a family history of kidney failure.



Stages of CKD

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
GFR ≥ 90	60–89	30–59	15–29	<15



Causes of CKD

- Diabetes and high blood pressure are the most common causes of kidney disease. Your health care provider may do tests to find out why you have kidney disease. The cause of your kidney disease may affect the type of treatment you receive.

Diabetes

High blood pressure

Heart disease

Family history of kidney failure

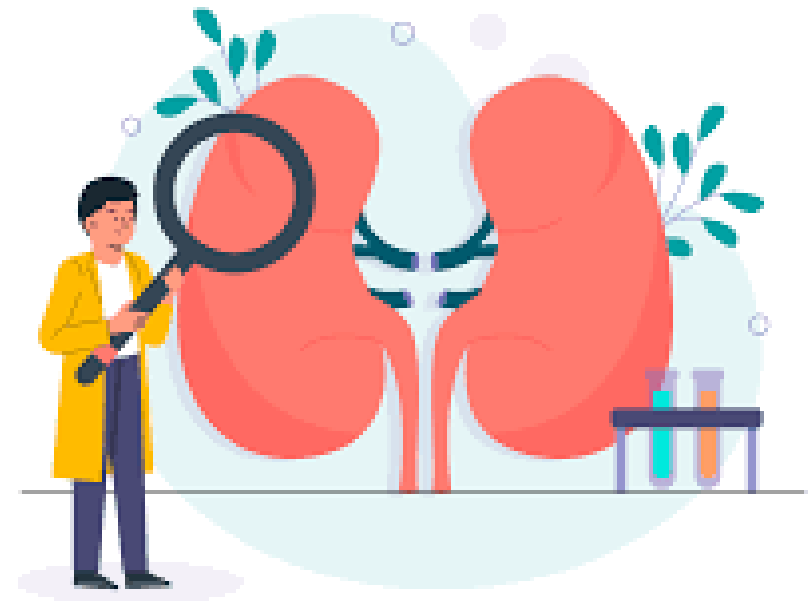
Older age

Kidney Infections

Long-term, regular use of certain medicines –
such as lithium and NSAIDs

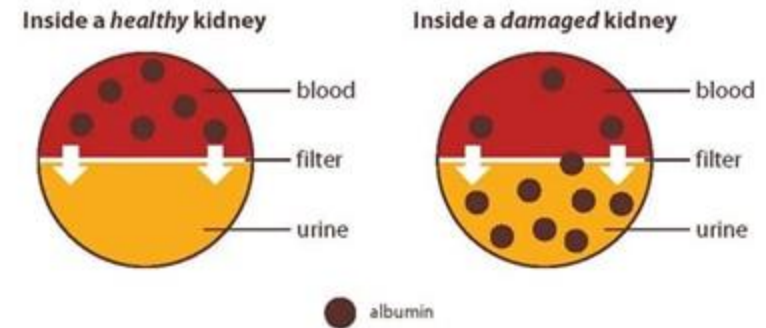
symptoms of CKD?

- **Symptoms of advanced CKD**
- chest pain
- dry skin
- tiredness
- headaches
- increased or decreased urination
- loss of appetite
- muscle cramps
- nausea
- shortness of breath
- sleep problems
- vomiting
- weight loss
- People with CKD can also develop **anemia**, **bone disease**, and **malnutrition**.



Tests & Diagnosis

- Testing may be the only way to know if you have kidney disease. Get checked if you have diabetes, high blood pressure, heart disease, or a family history of kidney failure. The sooner you know you have kidney disease; the sooner you can get treatment.
- Blood test (eGFR)
- urine test (uACR)



Managing CKD

- You can take steps to protect your kidneys. The most important step you can take to treat kidney disease is to control your blood pressure. Healthy habits can also help you manage your kidney disease.

No smoking

Eating right

dialysis

