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# Chronic Kidney Disease

## What is it?

Chronic Kidney disease (CKD) is the term used when your kidneys do not work as well as they used to. 'Chronic' means long term and does not mean severe or bad.

## Is this normal?

Some degree of drop in kidney function as we get older is expected. It can be thought more like the normal aging process as 1 in 10 people have some degree of CKD as do half of those over 75. For most people the drop in kidney function is slow over many years and the majority have only mild to moderate CKD. This usually does not require any treatment and does not cause any symptoms.

## How is it treated?

Most people will not need treatment for the kidneys. You will need an annual kidney check, this will include a blood test, urine dip and blood pressure reading. This is to check the kidney function does not drop too far or fast. Although the kidneys usually do not need treating, we do keep a closer eye on your blood pressure, this is because high blood pressure is a risk factor for further kidney damage.

## What can I do?

Attending your annual check-up and a healthy lifestyle are the most important things to limit your CKD from worsening. This includes

- Stopping Smoking
- Maintaining a healthy weight
- A low salt diet
- A balanced healthy diet
- Regular exercise
- Keeping well hydrated, especially in hot weather or with a stomach bug.

Finally, we do not recommend regularly taking non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen. Usually, we would recommend paracetamol as a pain killer first. Both paracetamol and ibuprofen can be bought over the counter, if you are unsure, you can ask your pharmacist for advice.