



1 in 7
American adults
has chronic kidney
disease (CKD)



5 IMPORTANT FACTS YOU SHOULD KNOW

1 You may not feel any different.

- Chronic kidney disease often has **no early symptoms**.
- A **blood test** (checking creatinine and eGFR) and **urine test** (checking for protein) are the only ways to know how your kidneys are working.
- Ask your doctor about your kidney function, **even if you feel fine**.

2 You can take steps to protect your kidneys.

- **High blood pressure** (hypertension) and **high blood sugar** (diabetes) are the main causes of kidney damage.
- Important steps you can take to help your kidneys
 1. Keep your blood pressure and blood sugar at your goal.
Ask your doctor about Ochsner's Digital Medicine program to help meet your goals.
 2. Take your medications safely.
 3. Avoid high sodium foods by following a healthy diet, like the Mediterranean diet or DASH diet.
Ask your provider about how you can see a Registered Dietitian to help create the right diet for you.
 4. Stay physically active.
 5. Quit smoking.

How to eat balanced meals: My CKD Plate



3 Some medicines can help or harm your kidneys.

Helps Your Kidneys
<ul style="list-style-type: none">Medicines ending in<ul style="list-style-type: none">“-pril” (like lisinopril) - ACE inhibitors“-sartan” (like losartan) - ARBs“-flozin” (like dapagliflozin) - SGLT2 inhibitors“-statin” (like atorvastatin) - protects the heart
Harms Your Kidneys
<ul style="list-style-type: none">NSAIDs like ibuprofen (Advil®, Motrin®), naproxen (Aleve®), or prescription NSAIDs (like Mobic® or Toradol®)Other medications like some antibiotics and heartburn medications, and herbal supplements



Ask your doctor which medicines and supplements are right for you.

4 Chronic kidney disease doesn't always lead to kidney failure.

- Your doctor will try to find the cause of your CKD, find out your kidney failure risk, and treat it early.
- Early CKD care can help slow down kidney damage and delay kidney failure.

5 If your kidneys fail, you may have more options than going to a dialysis center three times a week.

- Some people may qualify for a **kidney transplant** before kidney failure happens.
- If you do need dialysis, there may be **other options besides going to a dialysis center**.
 - Peritoneal dialysis** (done every night at home while you sleep)
 - Home hemodialysis**
- Conservative management** – also called medical management – does not involve dialysis or kidney transplant. While this treatment plan does not extend your life, it aims to manage symptoms and help you live as well as you can with kidney failure.



Want to learn more? Ask your doctor about Kidney Disease Education classes. Classes are available in person and online.



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