End Stage Renal Disease

GIATROS HEALTH

End-Stage Renal Disease is also known as Chronic Kidney Disease (CKD). It is a condition in which the kidneys are damaged. They cannot filter blood as well as they should. Because of this, excess fluid and waste from blood stays in the body. This may cause other health problems. Some problems such as heart disease and stroke.

Other health consequences of CKD are:

- Anemia or low number of red blood cells
- Raised number of infections
- Loss of appetite or eating less
- Depression or lower quality of life
- Low calcium levels, high potassium levels, and high phosphorus levels in the blood

CKD has varying levels of seriousness. It usually gets worse over time. Treatment has been shown to slow progression though. If left untreated, CKD can progress to kidney failure and early cardiovascular disease. When the kidneys stop working, dialysis or kidney transplant is needed for survival. Kidney failure treated with dialysis or kidney transplant is called end-stage renal disease (ESRD).

Risk Factors

Kidney disease happens when a disease or condition impairs kidney function. This causes kidney damage to worsen over many months or years.

Talk to your doctor about getting tested if you have any of these risk factors:

- Diabetes
- High blood pressure
- Heart Disease
- Family history of ESRD
- Obesity

Symptoms

People with CKD may not feel ill. They may not notice any symptoms. The only way to find out for sure is through specific blood and urine tests. These tests include measurement of the creatinine level in the blood. It also measures protein in the urine.

Quick Facts: CKD Snapshot

- Kidney diseases are the ninth leading cause of death in the United States.
- Early CKD has no signs or symptoms.
- Specific blood and urine tests are needed to check for CKD.
- CKD tends to get worse over time.
- CKD can be treated (the earlier treatment starts the better).
- CKD can progress to kidney failure.

Treatment

- People may not feel ill or notice any symptoms until CKD is advanced.
- The only way to find out if people have CKD is through simple blood and urine tests. The blood test checks for creatinine. This is a waste product produced by muscles. The urine test checks for protein in the urine. This is a sign of kidney damage.
- Following a healthy diet and taking medicine for diabetes and high blood pressure may keep CKD from getting worse and may prevent other health problems such as heart disease.