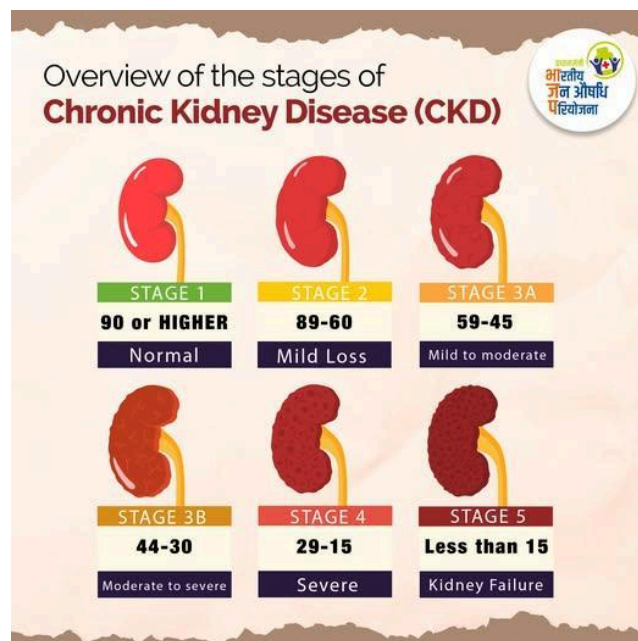


Chronic Kidney Disease (CKD) Information Sheet

What is CKD?

- CKD is a long-term condition where the kidneys gradually lose their ability to filter blood effectively.
- It often progresses slowly and may not cause symptoms until kidney function is significantly reduced.
- Symptoms (when present) can include: fatigue, swelling (oedema), changes in urination, nausea, and high blood pressure.
- Common causes can be underlying health conditions such as diabetes, high blood pressure, glomerulonephritis, polycystic kidney disease.
- However, our lifestyle can also have a huge impact as not drinking enough water and poor diet can take its toll on kidneys.



Why Fluid and Diet Matter

The kidneys regulate **fluid balance, electrolytes, and waste products**. In CKD, these functions are impaired.

- **Fluid balance:** Drinking the right amount of water helps kidneys filter toxins without causing fluid overload.
- **Diet:** A kidney-friendly diet can reduce strain on kidneys, control blood pressure, and prevent complications like high potassium or phosphorus.

Fluid Management

Good fluid intake helps maintain hydration and supports kidney function, but too much or too little can be harmful.

Guidelines:

- **Daily fluid intake** is individual—depends on kidney function, stage of CKD, and urine output. A rough gauge is 2-2.5 litres a day for women and 2.5-3 litres a day for men.
- **Signs of too little fluid:** dark urine, dry mouth, dizziness, headaches.
- **Signs of too much fluid:** swelling in ankles, hands, or face, shortness of breath.

Tips to manage fluid intake:

- Measure fluid intake daily (water, tea, coffee, soups, juices).
- Limit very salty foods—they make you thirsty and cause fluid retention.
- Spread fluid intake evenly throughout the day.

Diet and CKD

Diet is a key part of slowing CKD progression and maintaining overall health. Focus on:

1. Protein

- Needed for repair and energy, but too much can strain kidneys.
- Moderate protein intake is recommended; type of protein matters:
 - **Better:** fish, eggs, poultry, plant-based proteins in moderation
 - **Limit:** red meat, processed meats

2. Sodium (Salt)

- Excess sodium increases blood pressure and fluid retention.
- Limit to ≤ 2 g per day (≈ 1 teaspoon of salt).
- Avoid processed foods, ready meals, and salty snacks.

3. Phosphorus

- CKD can cause phosphorus build-up, leading to weak bones.
- Foods high in phosphorus: dairy, nuts, beans, cola drinks, processed foods.
- Limit intake as advised by your healthcare provider.

4. Healthy Fats

- Focus on unsaturated fats from olive oil, avocado, nuts, and fish.
- Avoid trans fats and excessive saturated fats.

6. Blood Sugar and Blood Pressure Control

- For diabetic CKD: keep blood sugar in target range.
- High blood pressure accelerates kidney damage—diet and medications help control it.

Other Lifestyle Tips

- **Exercise regularly:** 20–30 min of moderate activity most days (walking, cycling).
- **Quit smoking:** Smoking worsens kidney and heart health.
- **Limit alcohol:** Excess can increase blood pressure and damage kidneys.
- **Maintain a healthy weight:** Reduces strain on kidneys.

When to Seek Medical Advice

- Sudden swelling, shortness of breath, or very reduced urine output
- Unexplained fatigue, nausea, or vomiting
- High blood pressure not controlled by lifestyle or medications

Summary

- CKD is manageable with early detection, good fluid control, and a kidney-friendly diet.
- Small, consistent changes in diet, salt, protein, and fluid intake can slow progression and improve quality of life.
- If you have any other questions, please book in with us!