

Chronic Kidney Disease stage 3
Dr Alam

Your kidneys are working less well than expected

Most cases are mild to moderate and occur in older age.

Progresses very slowly, long term (hence the term chronic)

Rarely needs kidney specialist or patient ending up on dialysis

What do I do next.

DON'T
PANIC !

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WHAT CAUSES KIDNEYS TO WORK LESS EFFICIENTLY/LONG TERM DAMAGE.

Three commonest causes in the UK

1 Age

2 High Blood pressure

3 Diabetes

4 Certain Medications

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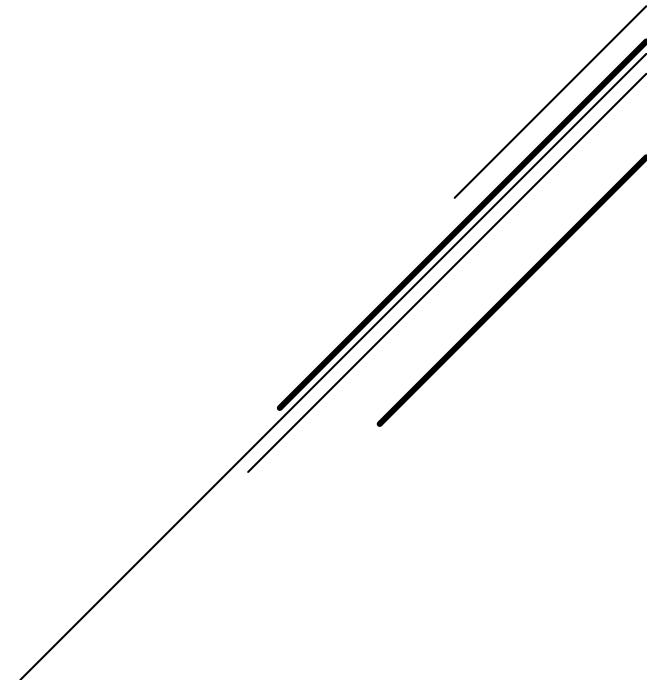
SYMPTOMS

- ▶ Usually none with mild to moderate CKD 3

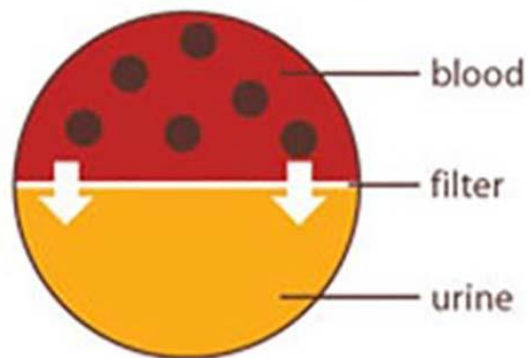
- ▶ If progresses to CKD 4 can lead to Reduced appetite, weight loss, skin changes, muscle cramps, fluid retention, puffiness, anaemia

STAGES OF CHRONIC KIDNEY DISEASE		GFR*	% OF KIDNEY FUNCTION
Stage 1	Kidney damage with normal kidney function	90 or higher	90-100%
Stage 2	Kidney damage with mild loss of kidney function	89 to 60	89-60%
Stage 3a	Mild to moderate loss of kidney function	59 to 45	59-45%
Stage 3b	Moderate to severe loss of kidney function	44 to 30	44-30%
Stage 4	Severe loss of kidney function	29 to 15	29-15%
Stage 5	Kidney failure	Less than 15	Less than 15%

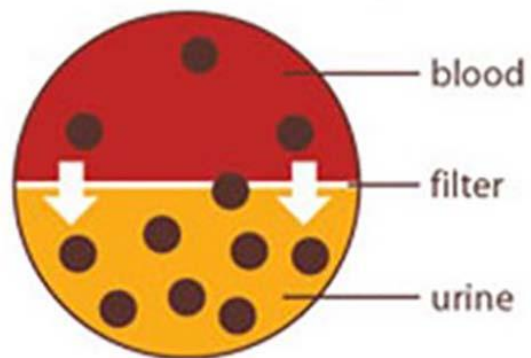
* Your GFR number tells you how much kidney function you have. As kidney disease gets worse, the GFR number goes down.



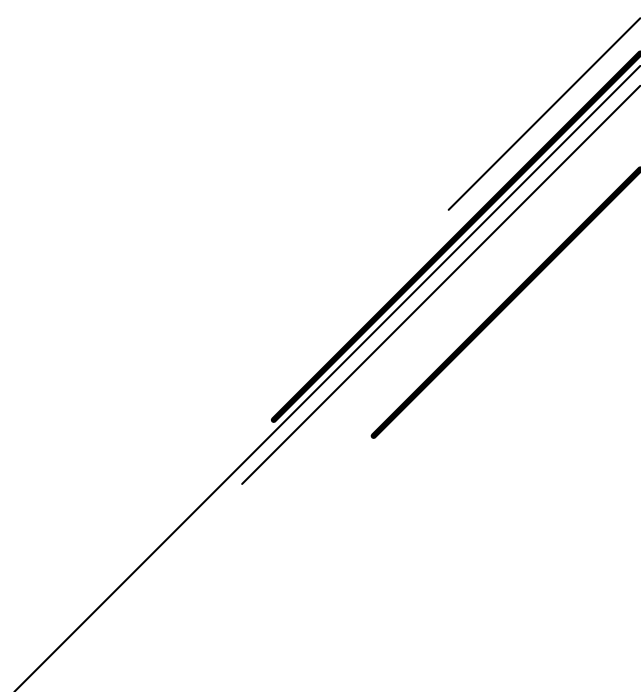
Inside a *healthy* kidney



Inside a *damaged* kidney



● albumin



CKD 3 do not need to see kidney specialist

You will need annual blood and urine test at the GP

The main aim of treatment at your GP is to reduce the risk of progression to more severe CKD

In some cases you may need a kidney scan and biopsy

WHAT DOES
THIS MEAN
FOR ME ?

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- ▶ Stop smoking
- ▶ Avoid NSAIDs
- ▶ Maintain a low salt diet
- ▶ Maintain a health weight and eat less red meat
- ▶ Alcohol in moderation
- ▶ Ensure you have regular checks at the surgery
- ▶ Have your annual flu jabs

WHAT YOU CAN DO



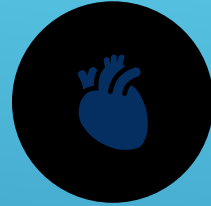
TREAT THE
UNDERLYING RISK
FACTORS.



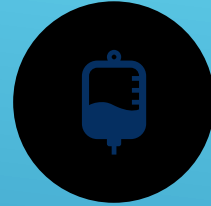
CONTROL DIABETES



CONTROL
HYPERTENSION



REDUCE
CARDIOVASCULAR
RISK



TREAT ANY
BLOCKAGE OF
URINE FLOW



TREAT RECURRENT
WATER INFECTION

HOW DO WE SLOW PROGRESSION OF CKD3

MEDICATIONS THAT PROTECT THE KIDNEYS

- ▶ ACE inhibitors and ARBs for protein in urine.
- ▶ SGLT2
- ▶ Statins

