

CKD

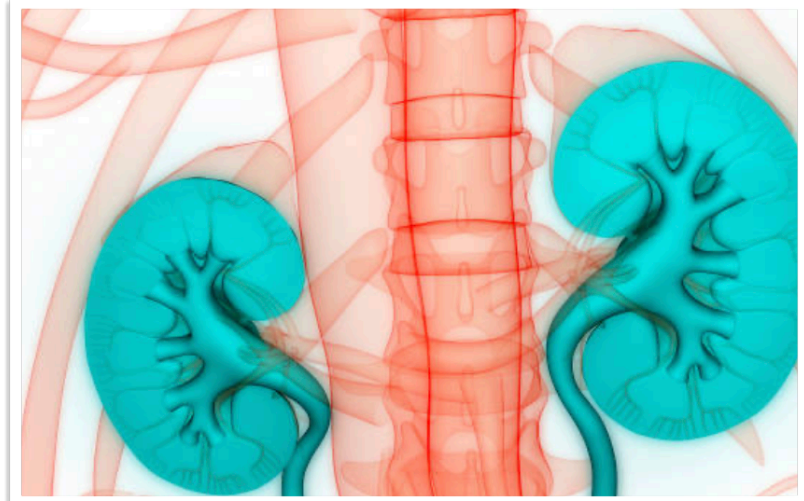
Chronic Kidney Disease

CKD - Basics

- Also called chronic renal failure
- 9th leading cause of death in the U.S.
- Includes all degrees of decreased kidney function
- Associated with an increased risk of cardiovascular disease and end-stage renal disease.
- The guidelines define CKD as either kidney damage or a decreased glomerular filtration rate (GFR) less than 60 mL/min/1.73 m² for at least 3 months.

Symptoms

- Generally asymptomatic
- Hypertension is a frequent sign of CKD
- Loss of lean muscle mass, muscle weakness
- Peripheral edema
- Anemia (fatigue, reduced exercise capacity)
- Tendency to bleed



Prevention strategies

- Incorporate a diet high in fruits and vegetables as they are low in acid. As kidney failure progresses, acid tends to accumulate. Diet high in acid can worsen kidney function and accelerate the progression of kidney disease.
- High-protein diets can also damage kidneys since it creates ammonia and acid precursors which require kidneys to buffer and eliminate. The more protein you eat, the more fruits and vegetables you need to maintain pH balance.
- Avoid processed foods, and limit dairy products and sodas which are high in phosphate.
- Avoid exposure to environmental toxins, including toxic indoor air pollution, household chemicals, and heavy metals.