**KIDNEY DISEASE: 5 THINGS YOU NEED TO KNOW**

Chronic kidney disease, or CKD, is a common condition that occurs when the kidneys are injured and cannot properly filter blood. Patients do not typically present with symptoms until kidney disease has progressed to a late stage, which is why proactive screening and early detection is so important.

**FUNCTIONS OF THE KIDNEYS**

- The kidneys are part of the urinary system. They remove waste products and toxins from the blood and produce urine in the process.
- They maintain a healthy balance of water, salts and minerals in the body, which allow critical organs to function properly.
- They regulate blood pressure.
- They are critical in red blood production and Vitamin D activation.

**1. CHRONIC KIDNEY DISEASE IS COMMON**

- **15%** U.S. population
- **+30 million** U.S. adults

**RISK FACTORS FOR DEVELOPING CKD:**
- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Over 60 years old

**2. YOUR PRIMARY CARE PHYSICIAN CAN SCREEN FOR KIDNEY DISEASE**

The standard blood and urine tests given at a physical can diagnose CKD. The glomerular filtration rate (GFR) is a measure of kidney function that is calculated with a patient’s creatinine level. The lower the GFR, the more severe the disease. Protein in the urine also signals kidney disease.

**GFR RATES (IN ML/Min)**

- **Above 90** Normal
- **Below 60** Talk to PCP
- **Below 45** See a nephrologist
- **Below 30** Severe CKD

**3. A HEALTHY LIFESTYLE IS IMPORTANT**

There are five stages of kidney disease. In the earliest stages, making healthy lifestyle changes can slow down CKD’s progression. Work with your health care team to ensure you are:

- Eating healthy foods
- Exercising regularly
- Controlling BP
- Not smoking
- Staying hydrated

**4. CKD MANAGEMENT**

Many people are afraid of being diagnosed with CKD because they worry they’ll end up on dialysis — a process that uses machines to clear the blood of toxins. But when diagnosed early, CKD can be managed, and may never progress to the point where dialysis is necessary.

**5. UCLA HEALTH OPTIONS**

UCLA Health provides care to patients across the entire kidney disease spectrum. We offer preventive health visits for patients who want to slow kidney disease progression; introduce and monitor home dialysis; and provide pre-emptive transplant services.

**WHERE TO FIND OUR NEPHROLOGISTS**

- Burbank
- Porter Ranch
- Santa Clarita
- Santa Monica
- Thousand Oaks
- Torrance
- Westlake Village
- Westwood

**UCLAHEALTH.ORG/CORE-KIDNEY | 1-800-UCLA-MD1 (1-800-825-2631)**