**CHRONIC KIDNEY DISEASE INFORMATION**

Your previous / most recent blood tests have shown a slight reduction in your kidney function. Your doctor may have already discussed this with you. The information below explains a little more about kidney disease but if you have any further questions please discuss with your usual doctor.

**What is chronic kidney disease?**

Kidneys take waste away out of the blood so that it leaves the body in urine. Chronic kidney disease means that for some reason this is not working as well as expected.

**How do you know about chronic kidney disease?**

Most people with kidney disease have no symptoms. It is usually diagnosed after blood or urine tests. A new blood test called GR (Glomerular Filtration Rate) now makes it much easier to recognise a problem with the kidneys.

**How common is chronic kidney disease?**

About 5% of the population have kidneys which show signs of damage. Most of these people have **mild** kidney damage.

**What causes chronic kidney disease?**

For many people the cause is not known but it is more common in people who have diabetes, high blood pressure or heart problems. It can also be caused by inflammation or swelling in the kidneys or a past history of urine infections.

**Will it get worse?**

Most people with kidney disease will find it either stays the same or gets worse very slowly and never needs hospital treatment. A very small number of people will get much worse and need dialysis or a transplant.

**Why does it matter?**

People with kidney disease are more likely to have heart attacks and strokes, so it is important you do things that help prevent this. This includes lowering blood pressure, lowering cholesterol, taking exercise and not smoking. It is also important to avoid certain drugs (e.g. Ibuprofen) that can damage the kidneys and you should always tell your pharmacist about your kidney problem If you are buying medication over the counter.

**Will I need to go to hospital?**

Most people can be looked after by their GP with regular blood tests, blood pressure checks and a review of any symptoms. A small number of people such as those whose kidney function is getting worse will need out-patient hospital assessment.

**Do I need to start any new medication?**

As mentioned, even mild kidney disease can increase your risk of heart attacks and strokes, therefore the most recent evidence suggests that everyone who has this diagnosis should start taking a cholesterol tablet called a statin long-term to reduce these risks. Please see the link below for more information on statins:
[Statins - NHS (www.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fstatins%2F&data=05%7C01%7Ccarrie.chambers%40nhs.net%7C11b089e588ca47b31ffb08dbc0094b71%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314918380285629%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kExUhKkBg5OoyLNoNvLPgGmAhgd6dHLtyM5rBajTdCQ%3D&reserved=0)

If you would like to start a statin to reduce the risk of heart attacks and stroke in the future, please get in touch with the surgery and ask to speak to one of our pharmacists.

For further information on kidney disease please also see the link below:

[Chronic kidney disease - Treatment - NHS (www.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fkidney-disease%2Ftreatment%2F&data=05%7C01%7Ccarrie.chambers%40nhs.net%7C11b089e588ca47b31ffb08dbc0094b71%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314918380285629%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JECfn%2BmdAnMapMawYceC0wT4lScxJTW3pWzJsCDeCb4%3D&reserved=0)