

Welcome to Q-tips for your Ears podcast series. During each

session, we will highlight a new topic to improve healthcare

quality and patient outcomes. My name is Tammy Wagner and today

we will be speaking with my colleague. Did Kaiser. We are

both registered nurses and quality improvement advisors

with Great Plains Quality, Innovation network. The quality

improvement organization for North and South Dakota. We

appreciate you tuning in today. Our subject today is chronic.

Kidney disease, or CKD, could you have it and not know it? I

Dee. Hi, Tammy, and hello to our listeners. Would you please

explain the condition of chronic kidney disease? Sure, of course.

When people develop chronic kidney disease, which is just

shortened down to CKD, their kidneys become damaged and over

time may not clean the blood as well as healthy kidneys. If

kidneys don't work well, toxic waste and extra fluid accumulate

in the body and may lead to high blood pressure, heart disease,

stroke and early death. However, people with seeking D and people

at risk for CKD.

We can take steps to protect their kidneys with the help of

their health care providers.

Ohh OK how common is CKD or chronic kidney disease among US

adults? Well, more than one in seven. That's 15% of US adults

or 37 million people are estimated to have CKD or chronic

kidney disease. As many as nine in 10 adults with CKD do not

know they have it.

About two in five adults with severe CKD do not know they have

it and that is that is concerning. That is, that is

very concerning. So CKD is more common in people aged 65 years

or older, 38% more than in people aged 45 to 64 years. They

have about 12% or 18 to 44 years who have about 6%.

It's slightly more common in women at 14% than men, 12% and

it's more common in non Hispanic black adults. 16% of them have

it then in non Hispanic white adults at 13% or non Hispanic.

Asian adults who sit at 13% and about 14% of Hispanic adults

have chronic kidney disease or CKD. OK, those are startling

statistics.

What are the chronic kidney disease risk factors? Well, two

of the biggies are diabetes and high blood pressure. They're the

most common causes of CKD in adults. Other risk factors

include heart disease, obesity,

a family history of CKD,
inherited kidney disorders or
past damage to the kidneys and
older age. And I know and our
diabetes podcast. We talked
about the.

Diabetes. The thick, sludgy
blood which causes the high

blood pressure and it's very
difficult to get through those

little tiny capillaries to the
kidneys. So that causes that

chronic kidney disease. Yeah.
How does a person know if they

have chronic kidney disease?
Yeah. The only way to find out

is through simple blood and
urine tests. The blood test

checks for the level of
creatinine.

And that is a waste product
produced by our muscles to see

how well the kidneys work. The
urine test checks for protein,

which may indicate kidney
damage. People who have

diabetes, high blood pressure or
other risk factors for chronic

kidney disease should be checked
regularly. People with chronic

kidney disease may not feel ill
or known as any symptoms until

CKD is advanced. That's scary.

Yeah, need to find it early so
it can be treated early. So what

are some chronic kidney disease
related health problems? There

are many, but here's few heart disease and stroke. Having CKD

increases the chances of having heart disease and a stroke.

Managing high blood pressure, blood sugar and cholesterol

levels all are factors that increase the risk for heart

disease and stroke. It's very important for people with CKD.

To be managing all of those conditions, approximately one of

three adults with diabetes and one of five adults with high

blood pressure may have chronic kidney disease. Wow. Another is

early death. Adults with CKD are at a higher risk of dying

earlier than adults of similar age. Without CKD, we need our

kidneys because kidney failure is what happens when kidney

damage is severe and kidney function is very low.

Dialysis or a kidney transplant is then needed for survival.

Kidney failure treated with dialysis or a kidney transplant

is called in stage renal disease or ESRD.

So chronic kidney disease, or CKD, is more likely to lead to

kidney failure, especially in older adults. If the kidneys are

damaged from hypertension, diabetes, repeated kidney

infections or drugs or toxins that are harmful to the kidneys.

So there are medications that are taken for diabetes and high

blood pressure that can help prevent damage to the kidneys.

So a lot of medical providers will put people on maybe a high

blood pressure medication when somebody has diabetes, even

though they don't have high.

The pressure that medication helps protect the kidneys so

that their high blood sugars don't do damage. That's

interesting. Yeah. So not everyone with chronic kidney

disease develops kidney failure. If CKD is detected early,

treatment may slow the decline in your kidney function and

delay kidney failure. So in some cases, kidney failure develops

even without or even with treatment. So. So you can do the

best you can and and you know, do all of the preventative

measures.

But sometimes kidney.

Kidney failure. Stem cells.

Yeah. Still, what can people

with chronic kidney disease do to lower their risk for kidney

failure? Yeah, well, the big one is managing chronic conditions

like diabetes and high blood pressure. And then if they are

diagnosed with CKD, managing that. And and here's a few tips

on on how to manage CKD. So lifestyle change, especially

healthy eating and physical activity to prevent more kidney

damage. If they do have CKD.

Meet with a dietitian to create a kidney healthy eating plan

that is low in salt and fat and has the right amount and source

of protein. So as chronic kidney disease gets worse, the plan may

also include limiting phosphorus and potassium. Ohh wow. So you

want to use your medicines as directed to slow the decline in

kidney function. Stop smoking or using smokeless tobacco

products.

These are huge in herding your kidneys. Review with health care

providers all prescription and over the counter meds to make

sure they are safe for your kidneys and always talk to a

doctor before taking any supplements. And that's a big

thing to remember because a lot of times when people put their

medications down or write them down when they before they see a

provider or or or asked about it, they feel like the only

things they need to tell them are the ones that are

prescribed.

I've seen that so many times they don't say the over the

counter medicines, the vitamins,
the, the all of the supplements

that they buy, that they don't
need a prescription for, they

need to know because there's
interactions. Yes, there

definitely are. So make sure
anything that you're taking on a

constant daily basis or even as
needed, make sure especially

ibuprofens and tylenols and then
amount that you're taking

because those can all have
implications for your kidneys.

You wanna check with your doctor
about any other behaviors or

substances that can harm the
kidneys or about special

precautions to take when doing
medical tests or procedures, and

that would be something where a
contrast or a dye is given. So

it could be a see she scan where
there's an IV or a cannula and a

vein dye is given. It's called
contrast that dye or that

contrast is excreted by your
kidneys. And if your kidneys are

having trouble working.

Then you will have trouble
excreting that dye. So very

important, very important to
tell any provider that you're

seeing with all the specialty
doctors out there now that you

have, you know, chronic kidney
disease and a lot of times they

will actually do a blood test

before they'll give, let you

have the contrast to make sure
your kidneys are filtering well

enough. Right. Because we heard
about how many people don't know

that they have chronic kidney
disease. That's kind of a silent

killer.

And I guess last is be your own
advocate and ask to see your

blood and urine test results
after you get them.

Unfortunately, things do fall
through the cracks.

You hope that everything's
always gonna go smoothly, but

you need to know your own test
results.

You need to have your provider
explained to you what they mean

and you definitely wanna be
checked on a yearly basis with

that blood and urine test to see
if you have chronic kidney

disease, especially if you're in
one of the high risk groups.

Sure, again, it's important to
know your numbers, so if you

have it, it can be treated
early. That's the main message

is make sure to get some
screening tests done, some

preventative medicine.

And annual exams to stay on top
of it. Alright, well, thank you,

Dee. My pleasure. And I I just
wanna mention that the guidance

I shared is from the
cdcwebsite@cdc.gov back slash,

kidney disease and people can
find this resource and more on

our greatplainsqin.org website
under initiatives chronic

disease management, chronic
kidney disease. We hope you

enjoyed today's Q-tips for your
ears.

We look forward to connecting
with you next time. Have a great

day.