

We all have kidney numbers.

Your kidney numbers show how well your kidneys are working and whether you need treatment.

Your numbers are determined through two simple tests: A urine test known as ACR (Albumin to Creatinine Ratio) and a blood test known as GFR (glomerular filtration rate).



Do you know yours?

ACR tests how much albumin (a type of protein) is in your urine. Too much albumin in your urine is an early sign of kidney damage.

GFR is a measure of how well your kidneys work, and shows if you have CKD.

There are five stages of CKD, and this helps doctors recommend the best care for you.

When should I visit my doctor?

Make an appointment with your doctor if you have signs or symptoms similar to Chronic Kidney Disease or you are in a risk category. **All it takes are simple blood and urine tests to determine your kidney health.**

Your kidneys are counting on you. Early detection might help prevent chronic kidney disease from progressing to kidney failure.



For more information on **Chronic Kidney Disease (CKD)** please visit

ika.ie/kidneyhealth



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Chronic Kidney Disease affects 1 in 10 people



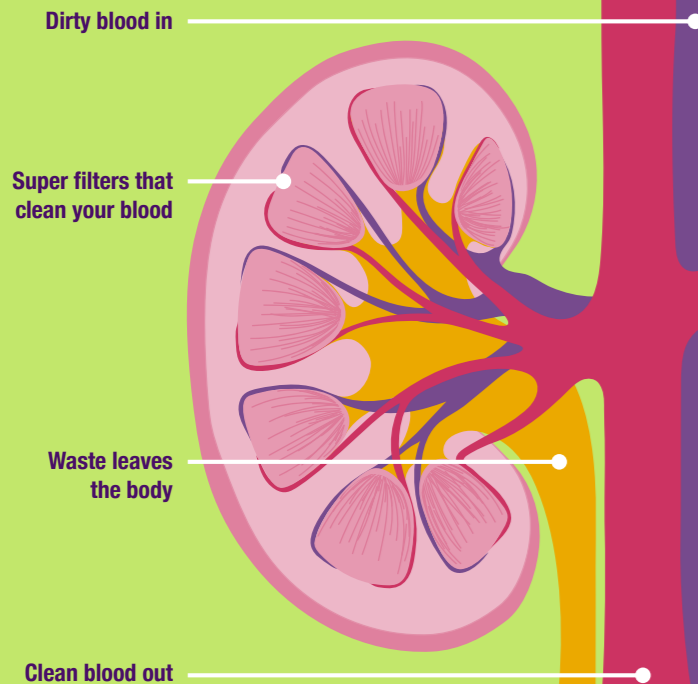
Could it be you?



Why do we count on our Kidneys?

Our kidneys are two bean-shaped organs about the size of your fist, located on either side near the middle of your back, that filter and remove waste products and excess fluid from the body.

Your kidneys do many other important jobs too, such as help control your blood pressure, keep your bones and heart healthy and help in the production of red blood cells, which are used to carry oxygen around the body.



What are the causes of CKD?

Chronic Kidney Disease (CKD) occurs when a disease or condition affects how your kidneys work over time. These diseases and conditions may include:

- 🔴 **Diabetes**
- 🔴 **High blood pressure**
- 🔴 **Interstitial nephritis, an inflammation of the kidneys' tubules and surrounding structures**
- 🔴 **Glomerulonephritis, an inflammation of the kidneys' filtering units**
- 🔴 **Polycystic kidney disease**
- 🔴 **Vesicoureteral reflux, a condition that causes urine to back up into your kidneys**
- 🔴 **Prolonged obstruction of the urinary tract**
- 🔴 **Pyelonephritis (a recurring kidney infection)**



ALL it takes are simple **blood and urine tests** to check your kidney health



Who is at risk of developing CKD?

Anyone can get kidney disease, but some things can make it more likely to happen to certain people. **You are more at risk if you:**

- Have diabetes
- Have high blood pressure
- Have a family history of kidney disease
- Are over 50 years old
- Are obese
- Have had acute kidney injury
- Long-term use of over-the-counter medications

What are the signs of CKD?

Most people do not have symptoms related to CKD. Symptoms may only be noticeable with more advanced kidney disease.

These can include:

- Nausea and/or Vomiting
- Tiredness and weakness
- Muscle cramps
- Difficulty sleeping at night
- Urinating more or less
- Swelling of feet or ankles
- Itchy, dry skin
- Feeling cold
- Lack of concentration
- Headaches (due to high blood pressure)
- Weight loss or weight gain and appetite loss
- Shortness of breath (due to a build-up of fluid in the lungs)
- Chest pain or irregular heart rhythm (due to a build-up of fluid around the lining of the heart)