



Chronic Kidney Disease and Vaccinations-A Practical Guide for Primary Care Providers

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INTRODUCTION

Chronic Kidney Disease (CKD) means that the kidneys are damaged and can no longer filter blood properly. The disease is called “chronic” because damage to the kidneys occurs slowly over a long period of time. This damage can cause waste products to accumulate in the body [1]. CKD can also cause other health problems. Having kidney disease makes you more likely to have a stroke or heart attack. High blood pressure can be both a cause and a consequence of kidney disease. High blood pressure damages the kidneys, and damaged kidneys can't control blood pressure well [2]. People with CKD are also at increased risk of rapid changes in kidney function caused by illness, injury, or certain medications. This is called acute kidney failure. Chronic kidney disease, also called chronic renal failure, is associated with the gradual loss of kidney function [3]. The kidneys filter waste products and excess water from the blood and excrete them in the urine. As chronic kidney disease progresses, dangerous levels of water, electrolytes, and waste products can build up in the body [4]. People may not realize they have kidney disease until the disease is advanced.

DESCRIPTION

Treatment of chronic kidney disease focuses on slowing the progression of kidney damage, usually by controlling the cause. However, controlling the cause does not stop progression of kidney damage [5]. Chronic kidney disease can progress to end-stage renal disease, which is fatal without artificial filtration (dialysis) or a kidney transplant. CKD comes in varying degrees of severity [3]. It usually gets worse over time, but treatment has been shown to slow progression. Left untreated, CKD can lead to renal failure and early cardiovascular disease. If the kidneys

fail, people will need dialysis or a kidney transplant to survive [2]. To prevent CKD and reduce the risk of kidney failure, manage your CKD risk factors, get tested annually, make lifestyle changes, take medications as needed, and consult your health care team regularly. These tests look for high levels of certain substances in the blood or urine that indicate that the kidneys are not working properly [4]. If you are at high risk of developing kidney disease (for example, if you have known risk factors such as high blood pressure or diabetes), you may be advised to get regular screening for CKD so that it is detected early.

CONCLUSION

Blood and urine test results can be used to determine the stage of kidney disease. This is a number that reflects the degree of damage to the kidneys, with higher numbers indicating more severe CKD. Adherence to a proper diet is essential in the treatment of renal failure. Limiting the amount of protein in your diet can help slow the progression of the condition. This is because eating too much protein can put a strain on the kidneys. You should consult your doctor or nutritionist to find out which protein sources are best for you and how much you should be consuming. A person should carefully adjust their salt intake to control high blood pressure. Potassium and phosphorus can be dangerous for CKD patients, so it may be necessary to limit potassium and phosphorus.

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CONFLICT OF INTEREST

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