

**Kidney
Wales CKD
Symptoms
and Early
Detection**

Overview

What do healthy Kidneys do ?

Most people have two kidneys, which are a pair of fist-sized organs found towards the back of the abdomen and are either side of the spine. These bean-shaped organs play a vital role in removing waste products from the blood (in the form of urine), controlling fluid balance and maintaining a healthy blood pressure.

In order to remove unwanted products from the bloodstream, the kidneys contain millions of microscopic filtration systems known as nephrons. These nephrons allow excess water and waste to be eliminated from the body, while useful nutrients and minerals are reabsorbed into the bloodstream. This process of filtration happens continuously in healthy kidneys.

In addition to this, the kidneys are important in the production of essential hormones. Some of these hormones are necessary for maintaining bone health and for encouraging bones to produce red blood cells, which are needed to transport oxygen around the body. Many people are able to lead healthy and active lives with just one functioning kidney. Some may have been born with one kidney, others may have had a kidney removed due to illness or injury. Others may have donated one of their kidneys to someone with kidney failure (in a kidney transplant operation).

This webinar is part of a series of informational events produced by Kidney Wales. All our informational events are recorded and available on our YouTube channel.



[Click here for our Youtube Channel.](#)

Overview

What is Kidney Disease?

Chronic kidney disease (CKD) is a long-term condition in which kidney function declines gradually over time. This means that the kidneys are not able to perform as well as they should. It is important to remember that chronic does not always necessarily mean severe – many cases may involve only mild damage to the kidneys.

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Diagnosed
In Wales**

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Who is at risk of CKD ?

CKD can affect patients in different ways, and so signs and symptoms can vary from person to person. In fact many people are unaware of it, as they have no signs or symptoms.

Absolutely anyone can get CKD, with it affecting both children and adults. Some people are born with it, whilst others develop it as they get older.

However there are certain factors which can increase the risk of developing CKD, and these are;

- Diabetes
- High blood pressure
- Family history of Kidney Disease
- If you are from a minority ethnic group
 - Smoking
- Being overweight or obese
- Cardiovascular disease

Symptoms of CKD ?

Most people will not show any symptoms of CKD, however some symptoms may show in advanced kidney disease and these may include;

- Swelling (oedema) of the ankles/feet and around
 - The eyes (because of fluid retention)
 - Shortness of breath
 - Reduced appetite
 - Tiredness and feeling weak
- Feeling sick (nausea) and vomiting
 - Weight loss
 - Itchy skin
 - Headache
- Muscle cramps and bone aches
- Difficulty sleeping (insomnia)
- Peeing more frequently at night (nocturia)

Top Tips

Maintaining a healthy lifestyle

Manage underlying health issues to protect yourself from CKD

Attend our next webinar on diet and nutrition

Limit alcohol intake

Stay hydrated

Express any concerns with your GP

Helpful Resources

- www.kidneywales.cymru

To keep up to date with our information events and webinars.



- [www.KidneyWales.cymru/patientinformation and support manager](http://www.KidneyWales.cymru/patientinformationand support manager)

For information on how our patient information and support manager can help you.



- www.kidneywales.cymru/patient resources

For more patient resources.



- www.kidneyResearchUK/Symptoms

For another resources on CKD symptoms



- www.Kidneycareuk/Testanddiagnosis

For more information on tests and diagnosis



- www.Kidneycareuk/Riskfactors

For more information on risk factors for CKD



- www.diabetes.org.uk/diabetesandkidney care

For more information diabetes and kidney care

