



"Excellence in Home Care"

Chronic Kidney Disease

www.BethanyHealthcare.com

What is Chronic Kidney Disease?

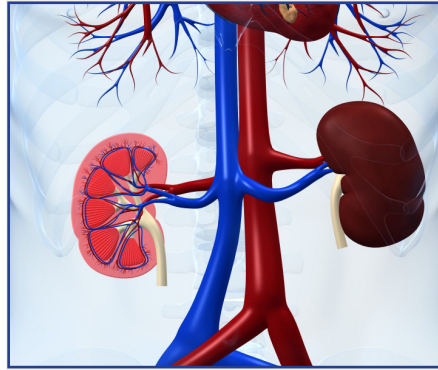
Chronic kidney disease is a condition in which the kidneys are damaged and cannot filter blood well. This damage can cause wastes to build up in the body and leads to other health problems, including heart disease, anemia, and bone disease. Chronic kidney disease eventually can cause kidney failure if it is not treated.

Risks of Developing Chronic Kidney Disease

Adults with diabetes or high blood pressure are at an increased risk of chronic kidney disease. Other risk factors include heart disease, obesity, older age, high cholesterol, and a family history of chronic kidney disease.

More than 35% of adults with diabetes have chronic kidney disease. Poorly controlled diabetes and high blood pressure increase the risk that chronic kidney disease will eventually lead to kidney failure, which can only be treated by dialysis or a kidney transplant.

Improving control of blood sugar, blood pressure and



cholesterol may slow the progression of kidney disease. Among people with diagnosed diabetes, the age-adjusted incidence rate of kidney failure declined by 35% between 1996 and 2007. While the rate of people with diabetes who developed a new case of kidney failure declined, the number of people with diabetes who experienced kidney failure increased by about half. This apparent paradox is due to the dramatic rise in the number of people with diabetes between 1996 and 2007. Thus, the rate of people with diabetes who developed a new case of kidney failure was measured among a group of people that steadily grew larger.

It's important to keep reducing risk factors for kidney failure and to improve diabetes care. The decline in

kidney failure rates among people with diabetes may come from lowering risk factors for kidney failure, such as high blood glucose (sugar) and high blood pressure, or from better treatment of kidney disease, including new medications that slow the disease and delay kidney failure.

Symptoms

It's unusual to feel any symptoms in the early stages of chronic kidney disease. Blood and urine tests are the only ways to tell if you have the disease. Getting diagnosed early is important, because early treatment can slow down the disease, and prevent or delay kidney failure. Treatment includes medications such as angiotensin-converting enzyme (ACE) inhibitors and angiotensin-receptor blockers (ARBs) that lower blood pressure and slow the decline in kidney function. Other steps to help keep your kidneys healthy include the following:

- Meeting your blood glucose (sugar) targets as often as you can
- Keeping blood pressure below 130/80 mm/hg

Licensed Medicare and Medicaid agency by the State of Texas.

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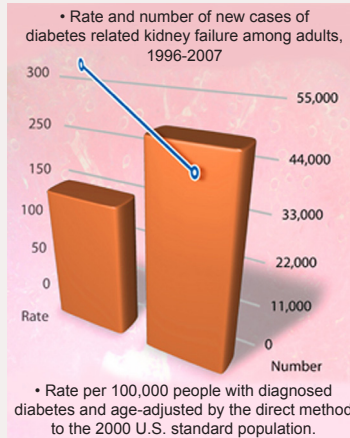
- Staying in your target cholesterol range
- Eating less salt and salt substitutes
- Eating healthy foods
- Staying physically active
- Taking your medications as prescribed

Statistics

About 110,000 patients in the United States started treatment for kidney failure (or ESRD) in 2007. Leading causes of ESRD are diabetes and hypertension. Less common causes include glomerulonephritis, (a type of kidney disease wherein the part of the kidneys that helps filter waste is damaged), hereditary kidney disease, and malignancies such as myeloma.

Here are some other facts:

- Incidence of ESRD is greater among adults older than 65 years.
- African Americans were nearly four times more likely to develop ESRD than whites in 2007. However, this disparity in ESRD incidence has narrowed from 1998 to 2005.
- Hispanics have 1.5 times the rate of kidney failure compared to non-Hispanic whites.



CKD is an important risk factor for cardiovascular disease, including heart attacks, heart failure, heart rhythm disturbances, and strokes.

Risk factors for cardiovascular disease that require careful attention in people with CKD include tobacco use, uncontrolled high blood pressure, elevated blood sugar, excessive weight, and elevated cholesterol.

Preventing or Delaying Kidney Failure

The federal and state governments and various national organizations have developed comprehensive strategies to address the burden of kidney disease in the United States. The most efficient way to reduce the burden of CKD is to prevent and treat its risk factors. Screening individuals at high risk for CKD (e.g., people older than 50 years; people

with a history of diabetes mellitus, hypertension, cardiovascular disease; or people who have a family history of CKD) may prevent or delay kidney failure. Screening demonstration projects are currently ongoing to evaluate the effectiveness.

Therapeutic treatments can slow progression of kidney disease as well as manage its complications. Timely referral to a nephrologist (kidney doctor) and getting treatment also improves outcomes.

Bethany HomeHealth Can Help

The nurses and therapists of Bethany HomeHealth care for patients with conditions such as heart disease, stroke, diabetes, and hypertension, all of which are known to also be associated with chronic kidney failure.

As part of a coordinated care program with your physician, your skilled Bethany nurse can monitor your condition by:

- Providing renal diet and fluid restriction education.
- Monitoring labs related to kidney function (BUN, creatinine, GFR, acid/base balance).
- Assisting the patient in learning to track intake and output."

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