

# Peter Christensen Health Center News



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## What To Know About Chronic Kidney Disease

The best way to avoid severe damage from kidney disease is to get tested by your healthcare team to catch it early," Peter Christensen Health Center's Managing Pharmacist Andy Friedley says. "A simple urine test determines if there's kidney damage and a blood test determines how well your kidneys are removing waste from your system."



Pharmacist,  
Andy Friedley

### What You Need To Know

The main risks for chronic kidney disease (CKD) are diabetes, high blood pressure, heart disease, obesity, and a family history. Other risk factors include prolonged use of certain medications, chronic urinary tract infections, autoimmune disorders, frequent kidney stones, and those older than 60 years old.

### Diabetes-related kidney disease is delayed

or prevented by controlling blood pressure and blood sugar, using kidney-protective medicines, and regular kidney testing,

### Angiotensin- converting enzyme inhibitors (ACE inhibitors) and Angiotensin II

Receptor Blockers (ARBs), such as Lisinopril and Losartan, are medications commonly used to treat high blood pressure. These medications can help delay kidney disease. For people with CKD, taking an ACE or ARB reduces chances of dialysis or a transplant.

### Sodium-glucose cotransporter-2 (SGLT2) inhibitors, such as Jardiance and Farxiga,

are medications used to lower blood sugar in patients with type 2 diabetes. SGLT2 inhibitors can slow kidney disease progress and lower risk of kidney failure and death in people with kidney disease and type 2 diabetes.

"Early testing and detection of chronic kidney disease can help prevent further damage," Friedley says.

"Helping people understand risk factors and what they can do to prevent advanced forms of chronic kidney disease can make a world of difference for the rest of a person's life."

### More Kidney Disease Insights

- About 1 in 3 adults with diabetes has chronic kidney disease.
- Diabetes and high blood pressure account for 75% of new cases of CKD.
- Protect your kidneys by managing high blood pressure, making healthy food and drink choices, and reducing stress.
- For people with diabetes, get an A1C test at least twice a year or more often as directed by your healthcare team.
- Dialysis and kidney transplants, the only treatment options for severe kidney failure, are difficult, expensive, and not always available.
- The average life expectancy of a person on dialysis is 5-10 years.
- 750,000 people in the U.S. required dialysis or a kidney transplant in 2016.
- Currently there are over 100,000 people on the kidney transplant list.
- Twelve people die each day waiting for a kidney in the United States.

Please contact your PCHC care team at (715) 588-3371 with heart health questions.