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**Learn the Facts
About Chronic Kidney
Disease (CKD)**

Answers for life.

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The Facts About Chronic Kidney Disease

What is chronic kidney disease (CKD)?

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may develop complications such as high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

What causes CKD?

The two main causes of chronic kidney disease are diabetes and high blood pressure. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. Also, chronic kidney disease can cause high blood pressure.

What are the symptoms of CKD?

- Feel more tired and have less energy
- Have trouble concentrating
- Have a poor appetite
- Have trouble sleeping
- Have muscle cramping at night
- Have swollen feet and ankles
- Have puffiness around your eyes, especially in the morning
- Have dry, itchy skin
- Need to urinate more often, especially at night.

You may have an increased risk for kidney disease if you:

- Have diabetes
- Have high blood pressure
- Have a family history of chronic kidney disease
- Are older (+60 yrs.)
- Belong to a population group that has a high rate of diabetes or high blood pressure, such as African Americans, Hispanic Americans, Asian, Pacific Islanders, and American Indians.



You have the power to manage CKD.

If you have symptoms of CKD, talk to your doctor about a simple urine test with Multistix PRO urine reagent strips. Multistix PRO urine reagent strips are different from other dip & read urine tests. It provides a semi-quantitative protein to creatinine ratio for earlier detection of CKD. Early detection and treatment can help CKD from getting worse.

Brought to you by [Siemens Healthcare Diagnostics](#).

Multistix PRO urine reagent strips are the only test strip that can rule out protein in urine with a random sample at your doctor's office.

References:

1. <http://www.kidney.org/kidneydisease/ckd/index.cfm>