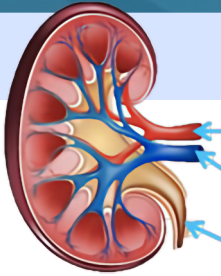


CHRONIC KIDNEY DISEASE (CKD)



Blood in via renal artery
Filtered Blood out via renal vein
Urine with waste out via ureter

KIDNEY FUNCTION

- Removes waste and extra fluid from the body
- Helps the body make red blood cells
- Balances important vitamins and minerals
- Helps control blood pressure
- Helps keep bones strong and healthy

WHAT IS CKD?

A diagnosis of chronic kidney disease (CKD) means the kidneys have not been working properly to remove waste and excess fluids from the body for at least 3 months.

RISK FACTORS

Kidney damage can be happening without any symptoms. This is because the body can still function even when the kidneys are not working well. By the time symptoms show up, there may already be serious damage.

Get checked regularly if you have any of the following risk factors

- Diabetes
- High blood pressure
- Taking medications that can harm the kidneys
- Heart disease
- Obesity
- Family history of kidney problems
- Tobacco use
- Abnormal kidney structure
- Older age

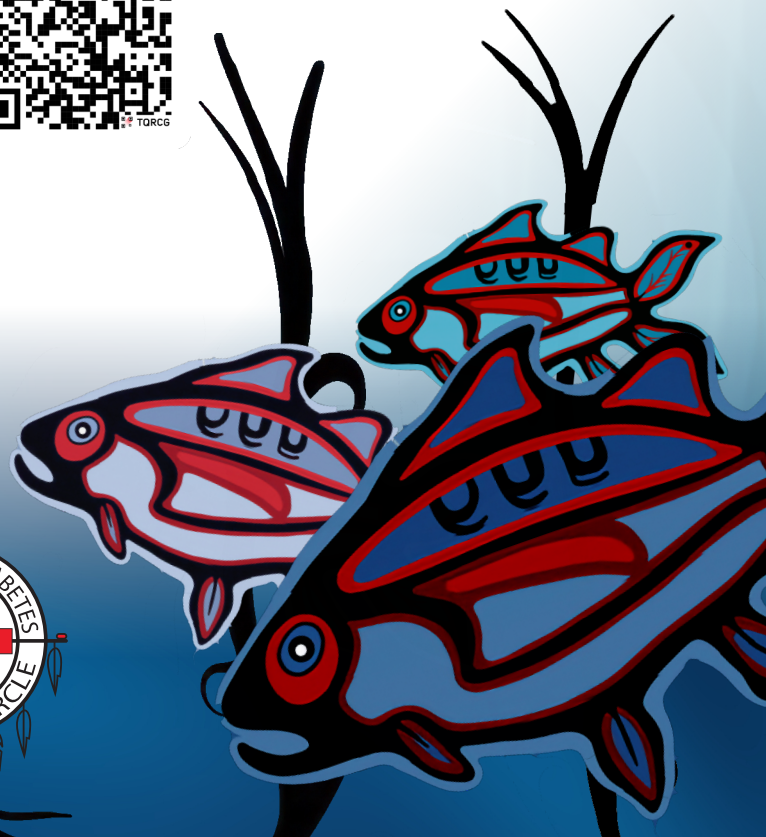
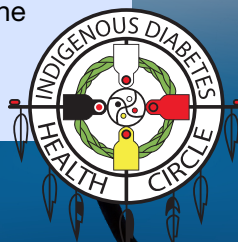
Diabetes is the most common cause of CKD. High levels of sugar in the blood can damage the small blood vessels and nephrons (filters) in the kidneys. This causes poor blood flow, and the waste is not filtered out properly. This damage can get worse over time.

High Blood Pressure (Hypertension) can damage blood vessels throughout the body, including in the kidneys. The build up of fluid and waste can make blood pressure rise higher, leading to more damage.

THE LESSON OF THE FISH

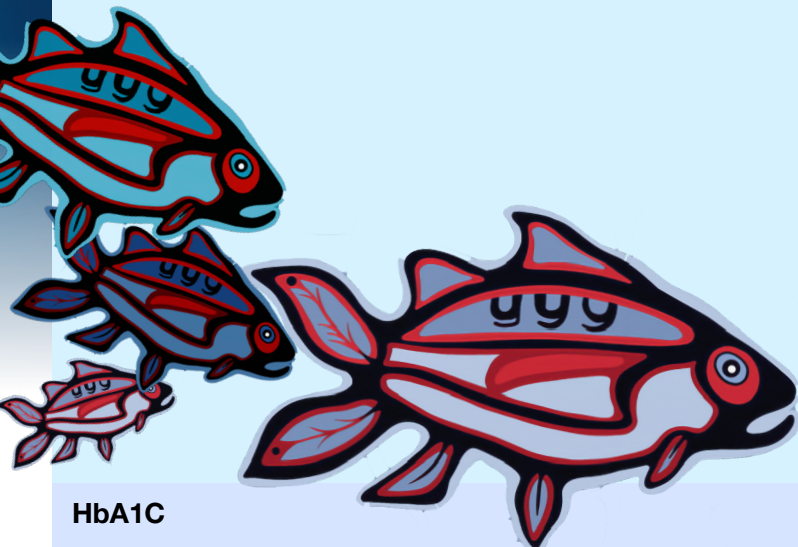
Clean water is life for the fish, just as it is life for us.

Our kidneys act as the stewards of our inner ecosystem—our inner waters—filtering waste to keep our inner waters pure. The fish reminds us of our sacred responsibility: to care for the land, the water, the air, and our own bodies. Click the QR code for additional information.



SCREENING FOR CKD

Blood and urine are tested to check how well the kidneys are working. Those at risk for CKD, should be screened at least once a year.



HbA1C

Measures the percentage of red blood cells with glucose attached, provides an average of blood sugar levels over the last 2 to 3 months.

ALBUMIN

Albumin is a protein found in the blood. Healthy kidneys keep albumin in the blood and stop it from going into the urine. High albumin levels in the urine can indicate kidney damage.

CREATININE

Creatinine is a waste made by the muscles. It is normally found in the blood, healthy kidneys work to remove excess creatinine from the blood by filtering it into the urine.

Both blood and urine are screened for creatinine.

High creatinine levels in the blood may mean the kidneys are not working well.

High creatinine levels in the urine, along with the presence of albumin, can be a sign of kidney damage.

A/CR (Albumin-to-Creatinine Ratio) Compares how much albumin and creatinine are in the urine.

eGFR (Estimated Glomerular Filtration Rate) Shows how well the kidneys filter waste. It is calculated using age, sex at birth, and blood creatinine level.

A1C, A/CR, eGFR, and Blood Pressure are used to calculate an individual's risk of developing CKD.

SCREENING PROCESS

- **Consent** Review screening process and answer questions. Consent to share results with primary care provider and to make any referrals if required.
- **Urine Sample** Cup provided for urine sample
- **Blood Pressure Check** Blood pressure will be measured. Age and sex at birth will be recorded.
- **Blood Sample** A small blood sample will be taken using a finger poke.
- **Blood and Urine Tests** Samples will be tested for albumin, creatinine and average glucose level (HbA1C).
- **Results Reviewed** and risk of developing CKD will be discussed with client.

A high blood pressure reading, A1C or at-risk CKD screen result would indicate a referral to a primary care provider for follow-up care.

A POSITIVE
SCREENING RESULT IS
NOT A DIAGNOSIS.

FURTHER TESTING
MUST TAKE PLACE.

