



# Checklist for People with Chronic Kidney Disease

Your treatment for Chronic Kidney Disease (CKD) depends on the cause. Depending on your health, your recommended medications and treatment goals may be different from the list below. Please check with your doctor, dietitian or pharmacist.

- KEEP YOUR BLOOD PRESSURE LESS THAN 130/80**  
High blood pressure increases kidney damage and your risk of heart attacks, strokes and death. Some people may need more than one medication to control their blood pressure. Check your blood pressure at home, as directed by your health care clinicians. Keep a log and bring it to your appointments. This will help your doctor choose the right medications for you.
- IF YOU HAVE DIABETES, KEEP YOUR HbA1C LESS THAN “7”**  
HbA1C is a measure of your average blood sugars for the past two to three months. If you have diabetes, controlling your blood sugars greatly reduces the damage to your kidneys, nerves, circulation and other vital organs.
- STOP SMOKING**  
Smoking raises your blood pressure and makes your heart beat faster. Quitting smoking reduces your risk for kidney damage, heart attacks and strokes. When you're ready to quit, contact Health Education: Oahu/Kauai: 808-432-2260 Maui: 243-6483 Big Island: 943-4077
- YOU MAY NEED TO TAKE AN ACE\* INHIBITOR OR ARB\*\***  
ACE\* inhibitors (e.g. lisinopril, captopril) or ARBs\*\* (e.g. losartan) are medications that help control blood pressure and protect your kidneys. This can help to lower your risk for heart disease and stroke.
- YOU MAY NEED TO TAKE A STATIN DRUG**  
Statins (e.g. lovastatin, simvastatin) lower your cholesterol levels and protect your blood vessels from getting clogged up. This can protect your kidneys and heart, and improve circulation.
- EAT A HEALTHY DIET**  
The best diet for you is one that controls your diabetes, is low in sodium (salt) and fat, and helps you maintain a healthy weight. Some people with Chronic Kidney Disease may need to limit their intake of protein, phosphorus and potassium.
- EXERCISE AT LEAST 30 MINUTES, FIVE TIMES A WEEK**  
Exercise has many benefits: reduces blood pressure, improves diabetes control, fights depression, helps with weight loss, improves muscle and bone strength, flexibility and balance.
- AVOID NEPHROTOXINS**  
Nephrotoxins are drugs and herbal products that damage the kidneys. Ask your doctor or pharmacist about safe doses of pain medications, such as NSAIDs (non-steroidal anti-inflammatory drugs). Examples: ibuprofen (Motrin®, Advil®) or naproxyn (Aleve®). Discuss the safety of herbal products with your doctor.
- MONITOR YOUR KIDNEY FUNCTION**  
Know your GFR (glomerular or kidney filtration rate). Ask your doctor how often you should have this blood test done and know your results. The GFR estimates how well your kidneys are working to let you know whether your CKD is controlled or getting worse.

\* ACE = Angiotensin Converting Enzyme \*\*ARB = Angiotensin Receptor Blocker