



# Checklist for People with Chronic Kidney Disease

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.

## CONTROL YOUR BLOOD PRESSURE

- For many people with CKD, the goal is less than 140/90. An even lower blood pressure goal may be recommended for some patients. Talk to your doctor about what your goal should be.
- Check your blood pressure at home, and as directed by your health care team. Keep a log and bring it to your appointments. This will help your doctor choose the right medications for you. Some people may need more than one medication to control their blood pressure.
- High blood pressure increases kidney damage and your risk of heart attacks, strokes and death.

## CONTROL YOUR DIABETES

Most people with diabetes should keep their HbA1c less than "7". For some, your doctor may recommend a higher goal. HbA1c measures your average blood sugars for the last two to three months. High blood sugars can damage your kidneys, eyes, 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 are ready to quit, call our **Tobacco Cessation Hotline** at **643-4622 statewide**. Visit [kp.org/quitsmoking](http://kp.org/quitsmoking).

## 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. These medications can also help lower your risk for heart disease and strokes.

## 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 CKD may need to limit their intake of protein, phosphorus and potassium. Ask the dietitian for advice.

## EXERCISE AT LEAST 30 MINUTES, FIVE TIMES A WEEK

Exercise has many benefits: lowers 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 or pharmacist.

## MONITOR YOUR KIDNEY FUNCTION

Know your GFR (glomerular or kidney filtration rate). The GFR estimates how well your kidneys are working to let you know whether your CKD is controlled or getting worse. Ask your doctor how often you should have this blood test done. Know your results.

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