



Chronic Kidney Disease Stage IV

Statistics in South Carolina

- **1 in 8 South Carolinians has chronic kidney disease (approximately 576,000)**
- **South Carolina is 5th in the nation in number of individuals on dialysis**
- **11% increase in the number of dialysis patients over the last five years**
- **75% of kidney patients in South Carolina are African-American**
- **3 out of 4 on the transplant waiting list are African american**
- **Carolina nephrology has more transplants than any other nephrology group in south Carolina**

<http://www.scdhec.gov/Health/docs/FACTckd2012.pdf>

What causes kidney damage?

- High blood pressure
- Diabetes
- Cysts
- Blockages in blood flow
- Removal of part or all of a kidney
- Urinary tract infections
- Medications
- Autoimmune disorders
- Kidney stones/prostate
- Glomerulonephritis
- Inherited

STAGES of Kidney Disease



Normal Aging

- **GFR decreases between ages of 30-50 years**
- **Approximately 1/3 of individuals over 65 years have a eGFR below 60 mL/min/1.73 m²**

Symptoms of Chronic Kidney Disease

- Fatigue
- Poor appetite
- Vague symptoms
- Generally not feeling well
- Difficulty concentrating
- Itchy skin
- Nausea/vomiting
- Increased urination at night
- Swelling
- Shortness of breath
- “Metallic” taste when eating
- Weight loss

Emotional Impact

- **Fear**
- **Anger**
- **Grief**
- **Depression**

Creatinine

By product of muscle

Remains essentially unchanged on a daily basis

Levels will rise due to poor clearance by the kidneys

Normal levels:

Male <1.3

Female <1.1

How Can You Help?

- **Keep your healthcare team aware of any changes to your medications, any procedures, or any changes to your present state of health**
- **Eat well (limiting foods high in sodium or processed foods)**
- **Increase physical activity**
- **AVOID NSAIDs**
- **Remember to take your medications**
- **Monitor your blood pressure and blood sugar levels**

Management

- **Hypertension Management**
- **Diabetes Management**
- **Cholesterol Management**
- **Avoidance of nephrotoxic agents (NSAIDs)**
- **Weight Management**
- **Exercise**
- **Follow-up care**

Other medications that might be prescribed:

- **Procrit**
- **IV iron**
- **Vitamins**
- **Sodium bicarbonate**
- **Phosphorus binders**
- **Vitamin D**
- **Nutritional supplements**
- **Diuretics**
- **Antidepressants**
- **Sleep aids**
- **Sexual dysfunction**

**You Can Have a
Productive Life!**

Options:

- **Peritoneal dialysis**
- **Home hemodialysis**
- **Nocturnal dialysis**
- **In center hemodialysis**
- **Kidney transplant**