



# CHRONIC KIDNEY DISEASE (CKD) NEWSLETTER

## World Kidney Day 2023 will be observed on the 9<sup>th</sup> March.

The theme for this year is

**“Kidney Health for Everyone Preparing for the Unexpected, Supporting the Vulnerable”.**

It is reported that there are an estimated 850 million people worldwide living with chronic kidney disease (CKD), meaning that approximately one out of every 10 persons is affected. According to the South African Medical Journal, it is likely that some 5 million South Africans over 20 years old may be affected by CKD.

Sizwe Hosmed has been experiencing an increase in the prevalence of chronic kidney diseases over the years as such, screening of at-risk members is important to prevent progression to more advanced disease through early interventions. Chronic Kidney Disease is a preventable and manageable condition. Annual screening and early diagnosis go a long way in preventing serious complications.



### WHAT IS CHRONIC KIDNEY DISEASE

Chronic Kidney Disease (CKD), also called Chronic Renal Disease is an abnormality of kidney structure and function for three or more months, with implications for health. A healthy kidney eliminates waste from the blood and maintains the body’s chemical balance therefore waste elimination and chemical balance is impaired with CKD.

#### CAUSES OF CKD

- Disease like diabetes mellitus and hypertension.
- Kidney injuries from infectious diseases like HIV, pyelonephritis, interstitial nephritis, or trauma related injuries
- Chronic inflammation of the kidney filtering units (glomeruli) or of the tubules or surrounding structures
- Prolonged obstruction of the urinary tract
- Vesicoureteral reflux
- Recurrent kidney infection
- Complicated pregnancies
- Cysts in the kidneys (polycystic kidney disease)
- Auto immune diseases like Systemic Lupus Erythromatosis (SLE)
- Overuse of certain medications (pain killers) and drugs of abuse (cocaine and heroin)

#### SYMPTOMS

In early stages of Chronic Kidney Disease, no symptoms are noted. As the disease progresses, symptoms include: constant tiredness, unexplained nausea and vomiting, swelling of legs, loss of appetite, confusion and or reduced mental sharpness, muscle twitch and cramps, erectile dysfunction in men.

#### SCREENING AND DIAGNOSIS

- Members older than 50 years, a family history of kidney disease, inherited conditions such as polycystic kidney disease and a history of heart disease or stroke should be screened, as well as those with hypertension, diabetes, HIV infection.
- Annual screening is recommended for all those at high risk and involves checking blood pressure, urine dipstick and performing blood tests.
- Diagnosis of chronic kidney disease is through blood tests, urine test, imaging (ultrasound, renal flow) and kidney biopsy



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### COMPLICATIONS:



The main concern in CKD is progressive loss of kidney function and the development of advanced or end-stage renal (kidney) disease with the need for life-saving chronic dialysis or kidney transplantation.

The serious long-term complications of CKD include:

- End-stage renal disease (ESRD)
- Heart disease
- Stroke

### MANAGEMENT

Often, there is NO cure for CKD. Management of the disease involves:

1. Effective control of the underlying disease : control of hypertension, diabetes and high cholesterol
2. Slowing the progressive loss of kidney function through kidney protective measures:

The Kidney protective measures include:

- Good control of blood pressure is very important. Target a Blood Pressure of 130/80mmHg
- If you have diabetes, control blood sugar
- Stop smoking
- Avoid recreational drugs (like cocaine, heroin) and overuse of certain medications
- Treat urinary tract infections promptly
- A low salt diet is recommended (a salt-restricted diet of less than 6 g/day or a level teaspoon)
- Get active: physical activity helps control blood pressure and blood sugar levels.
- Lose weight if you're overweight.

If the CKD progresses despite these measures, Chronic Dialysis and Kidney Transplantation are the next considerations.

\*\*\*Chronic Dialysis and Kidney Transplant are covered across all options subject to scheme rules.

\*\*\*If you or someone you know is showing symptoms of Chronic Kidney Disease, seek medical attention immediately.

\*\*\*Always seek guidance from your healthcare provider for safer medications in order to avoid worsening your kidney condition.

For registration on the disease management programme please contact:

0860 103 455 or

[wellnessqueries@sizwehosmed.co.za](mailto:wellnessqueries@sizwehosmed.co.za)

For any other information, kindly visit our website on [www.sizwehosmed.co.za](http://www.sizwehosmed.co.za)