



THE THREE SHIRES MEDICAL PRACTICE

Colerne, Marshfield, Pucklechurch and Wick Surgeries

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Letter to patients with chronic kidney disease

We are reviewing all our patients who we think have a degree of chronic kidney disease (CKD) to invite them for an annual review of their condition (check-up).

You may already be aware that you have chronic kidney disease, but we are aware that not all patients may have been told about this diagnosis, as the condition is very gradual. A degree of CKD is to be expected as we get older, and with conditions like diabetes or high blood pressure, so there is no immediate concern. However, monitoring and treating underlying conditions is important to optimise kidney function.

There is more information about chronic kidney disease on the back of this letter and in this link - <https://kidneycareuk.org/kidney-disease-information/kidney-conditions/ckd-chronic-kidney-disease/>

This review will be with one of our healthcare assistants and will take about 20 minutes. The healthcare assistant will take a blood sample, your blood pressure, height, weight and ask some lifestyle questions. We will also need a urine sample to check the function of your kidneys. ***Please bring an early morning sample to your appointment if possible.*** Sample pots can be collected from reception.

Please call your surgery to book your appointment. Please call after 11am Monday-Friday.

Kind Regards,

Dr Richard Greenway
Managing Partner
Three Shires Medical Practice

What is chronic kidney disease?

Chronic kidney disease (CKD) means that the kidneys are not working as well as they used to, either due to being diseased or damaged in some way, or due to ageing. A range of conditions can cause chronic kidney disease.

Chronic means ongoing, persistent, and long-term.

Chronic kidney disease used to be called chronic renal failure, but chronic kidney disease is now considered a better term. The word "failure" implies that the kidneys have stopped working but in most cases of chronic kidney disease this is not the case - they are not working as well as would be expected.

In most people who have chronic kidney disease there is only a mild or moderate drop in kidney function.

What causes chronic kidney disease?

A number of conditions can cause long-term damage to the kidneys and affect their function, leading to chronic kidney disease. The three most common causes in the UK are:

- Diabetes. Diabetic kidney disease is a common complication of diabetes.
- High blood pressure. Untreated or poorly treated high blood pressure is a major cause of CKD.
- Ageing kidneys. There is often an age-related decline in kidney function. About half of people aged over 75 have some degree of CKD. In most of these cases, the CKD does not progress beyond the moderate stage unless other problems of the kidney, such as diabetic kidney disease, develop.

Preventing or slowing down the progression of chronic kidney disease

There are ways to stop chronic kidney disease becoming any worse or to slow down any progression.

These usually include:

- Blood pressure control. The most important treatment to prevent or delay the progression of chronic kidney disease, whatever the underlying cause, is to keep blood pressure very well controlled. Most people with CKD will require medication to control their blood pressure. Depending on the amount of albumin in the urine, a target blood pressure level of below 130/80 mm Hg or even lower will be advised. For children and young people with CKD and high levels of albumin in the urine, blood pressure should be kept less than average for their height.
- Review of medication. Certain medicines can affect the kidneys as a side-effect which can make CKD worse. For example, people with CKD should not take anti-inflammatory medicines unless advised to by a doctor. The dose of certain medicines may also need to be adjusted if CKD gets worse.
- Diet. People with more advanced CKD (stage 4 or 5) may be advised to follow a special diet.