

What is Chronic Kidney Disease (CKD)?

Your kidneys are the body's **filters**. They clean the blood, remove waste, and help control blood pressure.

Chronic Kidney Disease (CKD) means the kidneys are not working as well as they should, usually over many years.

Key points

- CKD is common, especially in people with diabetes, high blood pressure, or heart disease.
- Most people with CKD have mild disease and no symptoms at first.
- CKD does not usually lead to kidney failure, but regular monitoring is important.
- Looking after your kidneys also protects your heart and blood vessels.

What helps

- Regular blood and urine tests to check kidney function and protein in urine.
- Medicines to protect kidneys and heart (e.g. blood pressure tablets, SGLT2 inhibitors, statins).
- Lifestyle changes: not smoking, healthy eating, being active, keeping weight and blood pressure under control.

Only a small number of people with CKD go on to advanced kidney disease. Careful monitoring and the right treatment can make a big difference.