

# Chronic Kidney Disease



Chronic kidney disease (CKD), also known as chronic renal failure (CRF) or chronic nephropathy, is characterized by the gradual loss of kidney function. As a result, these organs are unable to adequately remove fluids, chemical substances, and waste products from the blood through urine.

## What are the risk factors for developing CKD?

- Diabetes
- Heart disease
- High blood pressure
- Overweight
- Family history of kidney disease
- Advanced age
- Smoking
- Frequent medication use

## What are its symptoms?

The initial symptoms are similar to those of other illnesses. These include nausea, loss of appetite, headache, and weight loss, among others.

However, if kidney function has deteriorated, the symptoms may include bone pain, excessive thirst, frequent hiccups, vomiting, and difficulty breathing, among others.



## How is chronic kidney disease diagnosed?

Chronic kidney disease is diagnosed through:

- Examination of the nervous system and blood tests
- Ultrasound of the abdomen or kidneys
- Magnetic resonance imaging (MRI) of the abdomen
- Computed tomography (CT) scan of the abdomen
- Kidney biopsy

## What treatments are available for chronic kidney disease?

The goal of treatment is to control symptoms and prevent the disease from worsening. You may need the following:

- **Medications.** These can lower blood pressure and remove excess fluid. You may also receive medications to manage other associated medical conditions, such as anemia, diabetes, and heart disease.
- **Dialysis.** Treatment to remove chemicals and waste products from your blood when your kidneys can no longer perform this function.
- **Kidney transplant.** Through surgery, the kidney will be replaced with a new one.

## Stages of Kidney Disease

Stage of Kidney Disease	Glomerular Filtration Rate (GFR)	Kidney Function
Stage 1	90 or higher	Healthy kidney function
Stage 2	60 to 89	Mild loss of kidney function
Stage 3a	45 to 59	Mild to moderate loss of kidney function
Stage 3b	30 to 44	Moderate to severe loss of kidney function
Stage 4	15 to 29	Severe loss of kidney function
Stage 5	Less than 15	Kidney failure

### How to prevent chronic kidney disease?

- Maintaining a healthy weight. Know your ideal weight. If you are overweight, you can request a personalized nutrition plan. Consult a registered dietitian.
- Exercising. As directed by your doctor, exercise for at least 30 minutes a day, 4 times a week.
- Eating a healthy diet. Consume foods low in sodium (salt), potassium, phosphorus, or protein.
- Staying hydrated
- Managing any existing medical conditions.
- Not smoking and limiting alcohol consumption.
- Seeing your doctor and taking medications as prescribed.



### Remember

Chronic kidney disease is the gradual and permanent loss of kidney function. Having high blood pressure for a long time, diabetes, or an autoimmune disease such as lupus can damage the kidneys. If test results indicate possible kidney problems, you will likely be referred to a nephrologist, a doctor who specializes in kidney disease.

### Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following telephone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

### References

<https://www.mayoclinic.org/es/diseases-conditions/chronic-kidney-disease/diagnosis-treatment/drc-20354527>

<https://medlineplus.gov/spanish/ency/article/000471.htm>

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