

Kidney Care UK

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Kidney Care UK with Healthwatch Northumberland

- What is Kidney Disease?
- What causes Kidney Disease?
- Signs and symptoms of Kidney Disease
- How to prevent Kidney Disease or slow progression
- Kidney Care UK in Northumberland and the wider region

What is kidney disease?

- Healthy kidneys filter out waste from the blood stream and balance water and other substances to support healthy body functioning.
- In Kidney Disease the kidneys do not work as well as they should.
- Waste products and excess water start to build up in the body as the kidneys can't remove them properly.
- Kidney Disease is also known as Chronic Kidney Disease or **CKD**



What causes Kidney Disease?



- High Blood pressure*
- Uncontrolled Diabetes*
- Cardiovascular Disease
- Kidney Infections
- Autoimmune conditions
- **Long-term use** of some medications including Non-steroidal anti-inflammatory medications such as Ibuprofen

What is kidney disease?

Stage 1

eGFR remains within a normal range, but other test results suggest signs of kidney damage

Stage 2

Slightly reduced kidney function with other tests suggesting kidney damage

Stage 3

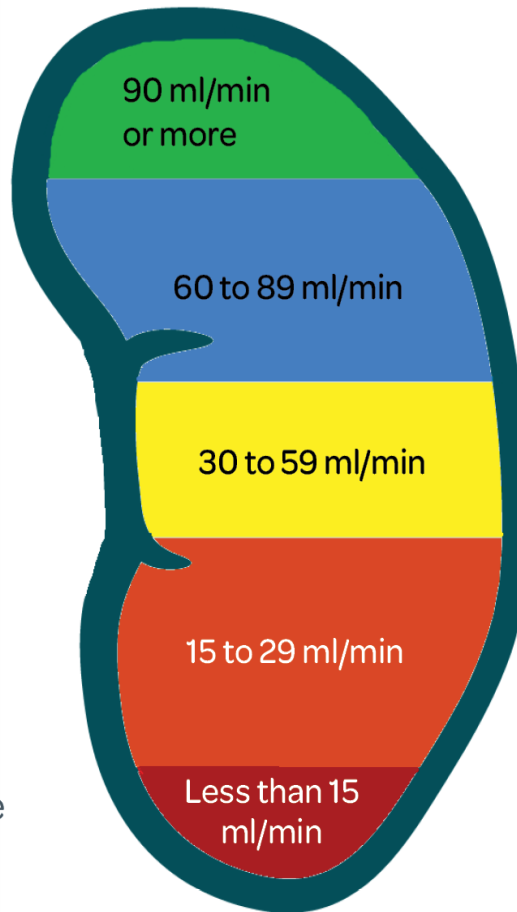
Moderately reduced kidney function

Stage 4

Severely reduced kidney function

Stage 5

Very severe or end-stage kidney failure



- Kidney Disease is divided into 5 stages
- These range from being at risk through to kidney failure, when your kidneys stop working.
- But only around one in 50 people with Chronic Kidney Disease ends up with kidney failure.

Most people can manage their condition with treatment that slows down its progress.

What is kidney disease?

- Your doctor will carry out a **blood test that measures levels of a waste product called creatinine in your blood.**
- They look at the results of this, along with your age, size, ethnic group and gender, to calculate how much waste your kidneys are filtering every minute.
- The calculation is called your **estimated glomerular filtration rate**, usually shortened to eGFR.
- Healthy kidneys should be able to filter more than 90ml/min.

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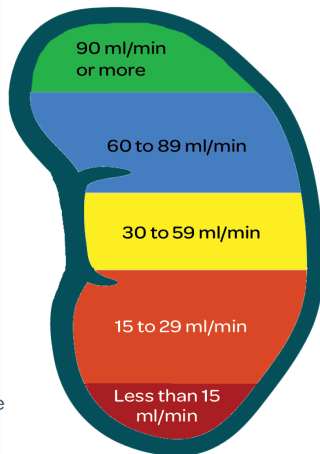
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To get a fuller picture of your kidney function, doctors will carry out tests on your wee to look for blood and protein, which can be present if your kidneys are not working properly.

Testing for Kidney Disease

To get a fuller picture of your kidney function, healthcare staff will carry out tests on your wee to look for blood and protein, which can be present if your kidneys are not working properly.

Blood tests will also be taken to see how well your kidneys are working. These tests may be repeated after 3 months before a diagnosis of Kidney Disease is confirmed.



Signs and Symptoms- remember K.I.D.N.E.Y.S

K= Killer Cramps

I= Itchy Skin

D= Dietary changes
(food not tasting as it should)

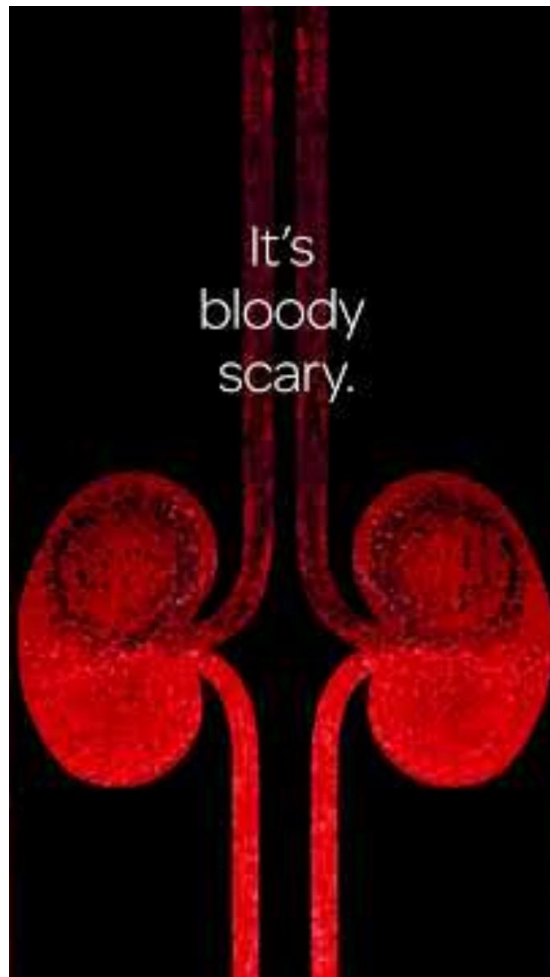
N= Nausea and/or
vomiting

E= Exhaustion

Y= Your wee (changes
to it) including foamy
wee or seeing blood
in your wee

S= Swelling (swollen
ankles/legs or puffy
face)

Bloody Amazing Kidneys



5 minute Kidney Health Checker

<https://kidneycareuk.org/kidney-health-checker/>

[Take the test](#)

Your kidneys are amazing. They are constantly filtering toxins from your blood to keep your organs working.

Take 5 minutes to help protect your kidneys

Answer a few simple questions to:

- find out if you are at risk of kidney disease
- understand more about keeping your kidneys healthy.

Knowing your risk can help your doctor diagnose you in the early stages if you do have chronic kidney disease (CKD).

Please note: there is no benefit to completing the Kidney Health Checker if you already have a diagnosis of kidney disease. The Checker is not a diagnostic test.

What treatment options are available?

- Depending on the stage and severity of the condition, there are a number of different treatments for CKD.
- Most people with **mild CKD (stages one to three)** manage the condition themselves with support from their GP.
- **Moderate to severe CKD (stages four to five)** is likely to involve specialist kidney care. For those who need specialist kidney care, this can include:
 - Haemodialysis
 - Peritoneal Dialysis
 - Transplantation
 - Conservative management



How to prevent Kidney Disease or slow progression

- Manage existing conditions such as Diabetes
- Blood pressure control and monitoring
- Lifestyle changes- lose excess bodyweight, regular exercise, stop smoking, reduce alcohol
- Dietary changes- reduce salt intake, reduce saturated fat, reduce sugar intake
- Stay hydrated and drink plenty of fluids to reduce risk of urinary infections
- Medication review –discuss with your Pharmacist or Doctor, avoid Ibuprofen
- Risk factors?

<https://kidneycareuk.org/kidney-disease-information/about-kidney-health/10-healthy-habits-for-happy-kidneys/>



Kidney Care UK in Northumberland and the wider region



Regional Team developed in June 2025 to address the needs of people living with Kidney Disease in the Northeast and Cumbria.

- Work closely with the following NHS trusts who offer Advanced Kidney Care Services;
- Newcastle Upon Tyne NHS Foundation Trust
- South Tyneside and Sunderland NHS Foundation Trust
- South Tees Hospital NHS Foundation Trust
- North Cumbria Integrated Care

Support available

- Kidney Care UK know how difficult being diagnosed with a long-term condition like kidney disease is and support in several ways:
 - **Financial support** - If you're a kidney patient struggling to make ends meet, we may be able to help.
 - **Advice and support** - our national advocacy service provides personal help and support to anyone affected by kidney disease including access to benefits advice.
 - **Counselling and support service** - our counselling and support service offers tailored support, information, and guidance.
 - **Online resources** – Our website has a wealth of information including Kidney Kitchen for diet and meal information and recipes and signposting to Kidney Beam a free online exercise resource for kidney patients.

No one facing kidney disease alone

- Life can be hard when you're coping with a long-term condition like kidney disease
- It can be exhausting and stressful for patients, carers, families, and loved ones
- Affecting their ability to work, creating financial pressures and impacting mental wellbeing

Our FREE patient support services include:



Financial support



Telephone counselling



Advice and support



Trusted information



Benefits support



Fighting for better care

Patient Support & Advocacy Service

Our **Patient Support & Advocacy Service** covers the UK, providing in-depth information, support and representation to patients, their families or carers, and local Kidney Patient Associations on a range of issues including:

- Access to Kidney Care UK patient support services, counselling and financial grants
- Emotional health and living well
- Welfare, benefits and housing
- Employment
- Dialysis away from base
- Managing day-to-day life
- Patient choice and treatment options



Kidney Matters magazine



Kidney Matters: the magazine for everyone affected by kidney disease

- Kidney Matters provides information on how to access emotional and practical support, financial assistance through our grant schemes, advice from leading kidney specialists and tips on how to keep as well as possible by eating a healthy diet while on dialysis.
- It's **free** for kidney patients to either receive direct to their door, or find in their unit, if their unit has signed up to receive them.

The Kidney Kitchen



Welcome to the **Kidney Kitchen!**



- We receive more questions about how to eat well to stay well with CKD than almost any other topic.
- The Kidney Kitchen provides meals that have been reviewed by a kidney dietitian and approved as suitable for kidney patients.
- We have over 150 recipes from around the world! All of these are available online, with a selection also available our Kidney Kitchen magazine.

Free patient information

- Being diagnosed with a long-term health condition such as kidney disease can result in a lot of information to take in.
- With over 50 patient information titles covering a range of topics, our leaflets are free of charge to order by hospitals or directly by patients via our website.
- Additionally, each topic is available as a website page with useful links, or as a downloadable PDF
- In 2024, Kidney Care UK was awarded the PIF TICK, the UK's only assessed quality mark for print and online health and care information (see logo to the right)



Contact us to see how we can support you today

Call free on
0808 801 00 00

(Monday to Friday, 9am - 5pm)

support@kidneycareuk.org | www.kidneycareuk.org





Any Questions?