**CHRONIC KIDNEY DISEASE-ASSOCIATED PRURITUS (CKD-aP)**

**WHAT IS PRURITUS?**

Very itchy skin caused by a disease like chronic kidney disease (CKD).

**WHAT IS CKD-aP?**

- CKD-aP is very itchy skin that is most common in patients with end-stage kidney disease (ESKD), but can also occur in CKD patients who are not on dialysis. CKD-aP is caused only by kidney disease, and has no other causes.

- CKD-aP can bother patients a lot and get in the way of daily life. Scratching to stop the itch can harm the skin.

**WHAT CAUSES CKD-aP?**

The cause is not really known. These are some possible reasons:
- The body attacks itself and becomes inflamed and itchy.
- Nerve problems send the wrong signals to the skin.
- Damaged kidneys cause a build-up of toxins and wastes.
- Shrinking sweat glands cause very dry skin.
- The body makes chemicals that cause allergy symptoms like itching.
- Hemodialysis treatments are not long enough or not doing the best to clean the blood.
WHAT TREATMENTS CAN HELP STOP THE ITCH?

- Creams and lotions for moisture and comfort.
- Pills that help nerve and allergy problems.
- Special lights to reduce inflammation.
- Changes in the hemodialysis prescription.
- Drugs to help bind wastes like phosphate and to balance calcium and vitamin D.
- A new drug that blocks the signals to nerves that cause itching.

WHAT CAN YOU DO?

- Let your healthcare team know you’re itchy.
- Stick to your hemodialysis schedule and don’t cut your sessions short.
- Take care of your skin as directed by your healthcare team.
- Ask to meet with a skin doctor (dermatologist).
- Review all your medicines with your healthcare team. Tell them about all non-prescription drugs and dietary supplements.

DON’T SUFFER IN SILENCE. THERE IS HELP FOR CKD-aP!

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