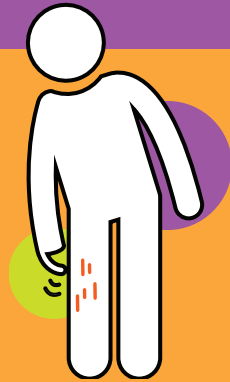




CHRONIC KIDNEY DISEASE–ASSOCIATED PRURITUS (CKD–aP)

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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