



Being diagnosed with chronic kidney disease (CKD) can be a very trying and difficult time for everyone involved—the patient, their family and friends. But information can go a long way towards helping gain control of the situation. A patient who knows what's coming, what to watch out for and what treatment options are available if their kidneys fail can make educated decisions about their own healthcare.



First, talk with your doctor about pinpointing your diagnosis to assess your kidney function to help plan your treatment. Tests are conducted to determine the stage and type of kidney disease, the size of the kidneys and the damage already done. After receiving these results, your doctor and you will need to sit down and create a plan of action.



People who have kidney disease also have an increased chance of developing heart problems. One of the first things to do upon getting a CKD diagnosis is to get control of any other health problems you may have, including diabetes, high blood pressure and anemia.



If you have diabetes, you will need to monitor your blood sugar, follow a specific diet and take your medication as ordered by your doctor.

