

Chronic Kidney Disease

Mesiyah Parker

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UMB CURE Scholars Program, Baltimore, MD

Marlene and Stewart Greenebaum Cancer Center, University of Maryland, Baltimore

Purpose of Study

Chronic Kidney Disease (CKD) is a common health problem, affecting an estimated 37 million people in the United States. This poster will provide information about chronic kidney disease.

Introduction

Chronic kidney disease (CKD) is a long-term condition in which the kidneys gradually lose their ability to function properly.

The most causes and risk factors of CKD are:

- Diabetes
- High Blood Pressure
- Polycystic Kidney Disease
- Age
- Family History
- Smoking

Symptoms

In the early stages of CKD, there may be no symptoms. As the disease progresses, some common symptoms may include:

- Fatigue
- Swelling in the legs, ankles, feet, or face
- Loss of appetite
- Nausea and vomiting
- Trouble sleeping
- Changes in urine output
- Itching or dry skin

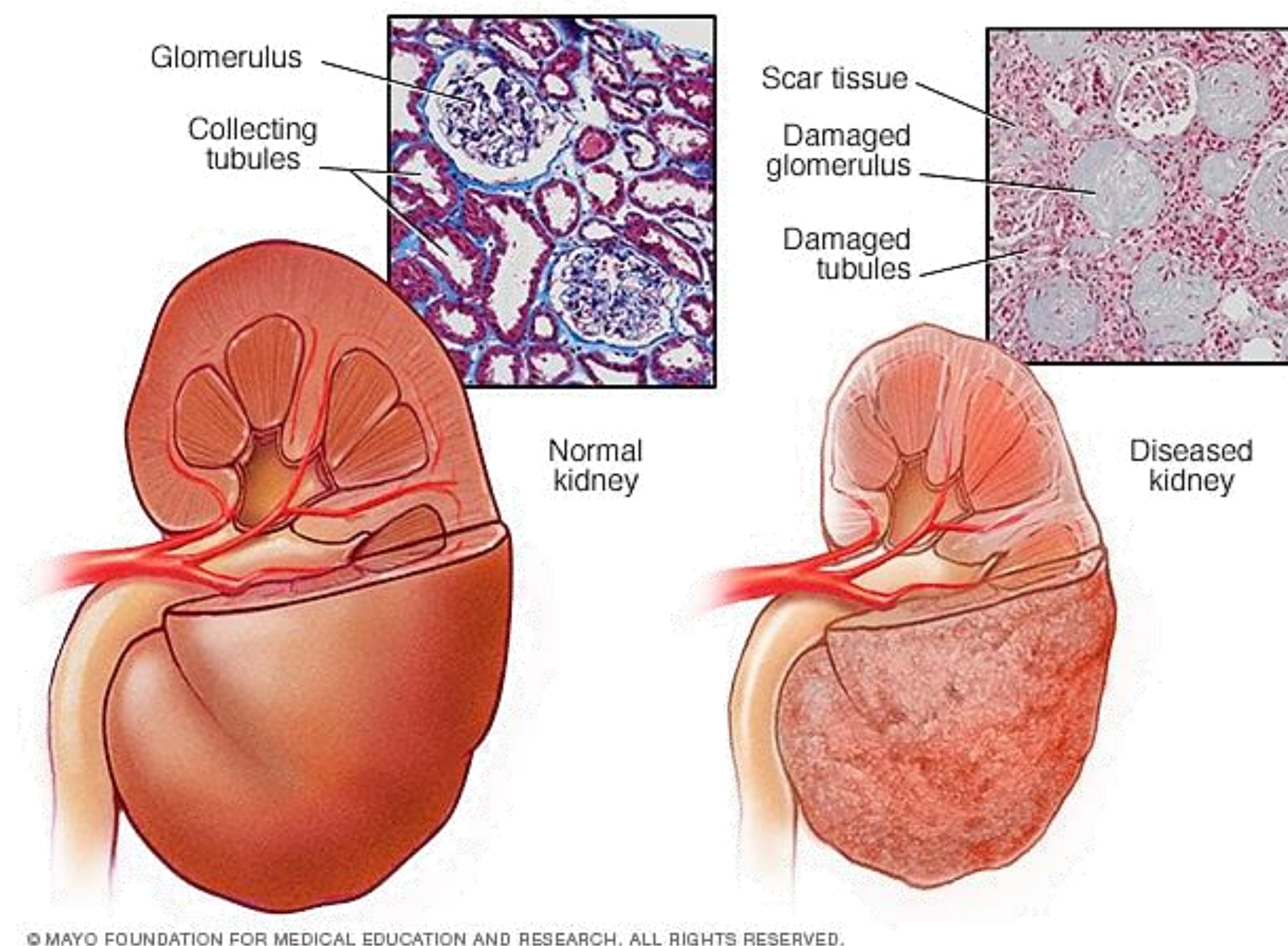
Diagnosis

Diagnosis of CKD typically involves a combination of physical examination, medical history, blood tests, and imaging tests such as ultrasounds or MRIs. A urine test may also be performed to check for protein in the urine, which can be a sign of kidney damage.

Treatment

Treatment for CKD depends on the stage and severity of the disease. Some common treatment options include:

- Medications: Medications may be used to control blood pressure, lower cholesterol levels, and treat diabetes.
- Dietary changes: Eating a healthy diet that is low in sodium, saturated fats, and processed foods can help manage CKD.
- Dialysis: In advanced stages of CKD, dialysis may be needed to remove waste products from the blood.
- Kidney transplant: In some cases, a kidney transplant may be necessary.



Data

- More than 1 in 7 (15%) of U.S. adults or about **37 million people** are estimated to have CKD.
- As many as **9 out of 10** adults with CKD do not know they have it.
- About **2 in 5** adults with severe CKD do not know they have CKD

Addressing the Disparity

- CKD is more common in people aged 65 years or older (38%) than in people aged 45–64 years (12%) or 18–44 years (6%).
- CKD is slightly more common in women (14%) than men (12%).
- CKD is more common in non-Hispanic Black adults (16%) than in non-Hispanic White adults (13%) or non-Hispanic Asian adults (13%).
- About 14% of Hispanic adults have CKD.

Managing diseases that put people at higher risk for developing CKD is important to addressing the disparity. Encouraging people to quit smoking and making sure they have access to healthcare is also important.

Conclusion

In conclusion, chronic kidney disease is a common condition that can be caused by a variety of factors. While the exact cause is not always known, there are several risk factors that can increase your ability to get the Chronic Kidney Disease. Early detection and innovative treatments are important for improving outcomes. There are things that you can do to reduce the risk of developing CKD.

References

Data was obtained from:
The Centers for Disease Control and Prevention
PUBMED
WedMD
Mayo Clinic

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