

Chronic kidney disease

RFQs

- Do you use any anti-inflammatory pain killers?
- Do you get any chest pain, when you exert yourself, or pain in your legs when you walk? How far can you walk?
- Have we assessed your future risk of getting a heart attack or a stroke? (This would include a test of your cholesterol numbers and perhaps an average glucose test.)

Provide

Your kidneys show a little wear and tear. You have a minor issue with your kidneys called CKD 3 (Chronic kidney disease stage 3). Your chances of this progressing to kidney failure is remote, (only 4% progressed to end-stage renal disease over 10 years), but we will keep an eye on your kidney function at least every year. We should however, make sure that we have assessed your future risk of heart attacks and strokes. We already have your cholesterol numbers, so you can go online to this website to look at your own risk of heart attacks and strokes and figure out what interventions that you would be happy to make, to minimise your future risks. Then please make a phone appointment to talk to me about any interventions that we might make together. You may choose to take a low dose of a statin, or make some specific changes to your lifestyle to get your blood pressure down.

Safety net:

Please don't forget about the DAMN drugs sick day rules. Would you like to go through them again now? Do you still have that booklet I gave you?

(If you have an illness, in which you have a fever, vomiting or diarrhoea for 24 hours or longer, you should suspend the medicines in this booklet, and give one of us a call. These are the so called DAMN drugs, that can damage your kidneys if you are dehydrated.)