



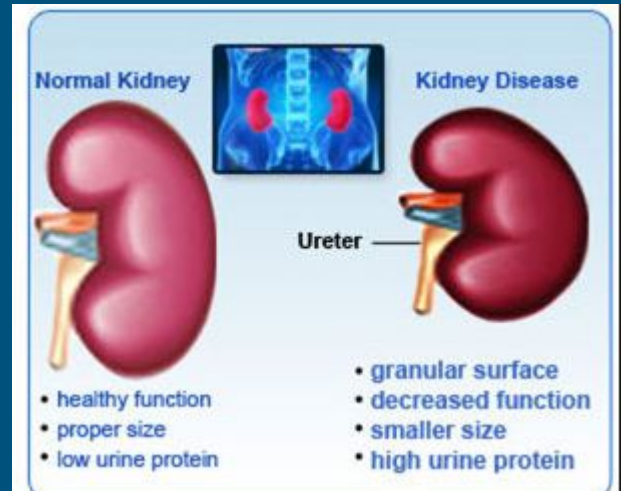
GUIDE TO: CHRONIC KIDNEY DISEASE

By: Bianca Oglesby



WHAT IS CHRONIC KIDNEY DISEASE

Chronic kidney disease is condition where your kidneys slowly stop working and over the time are not able to clean your blood. When this occurs, too much of the waste and chemicals, and fluids stay in your body and that causes health issues.



FIVE STAGES OF CKD

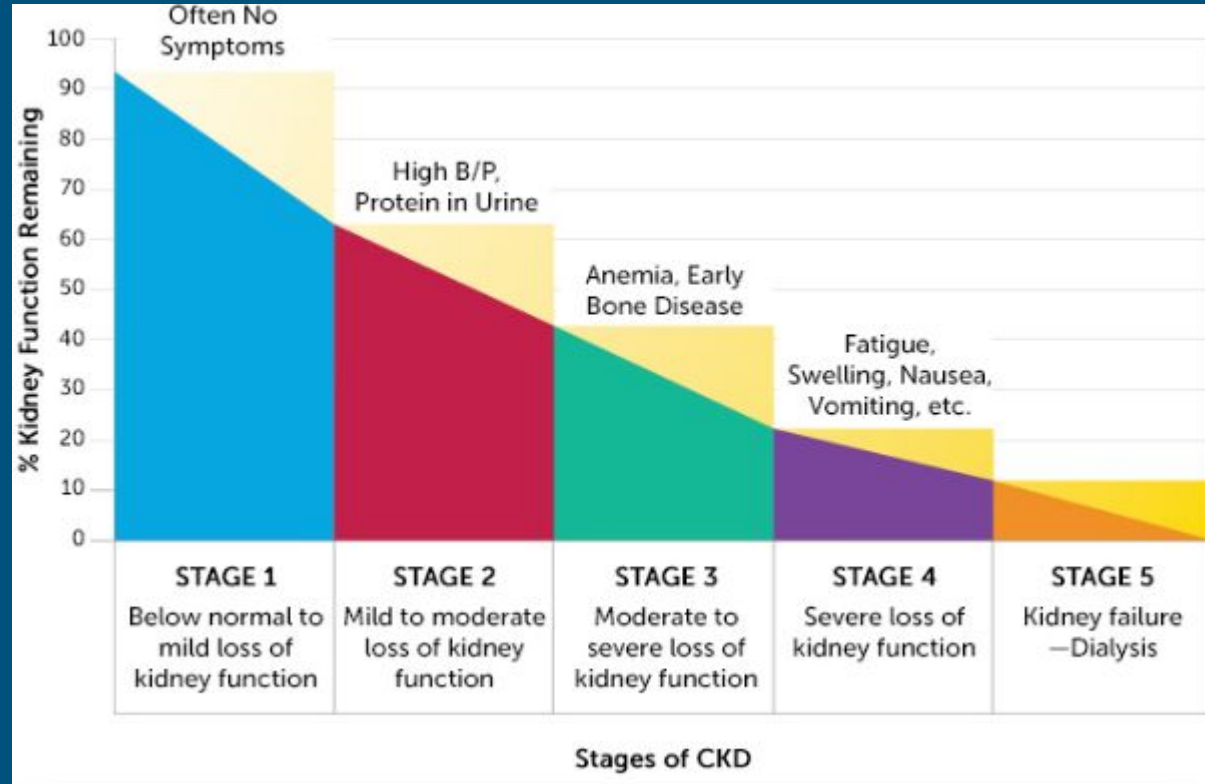
Stage 1: The very beginning when your kidneys still have most of its functions.

Stage 2: When you lose a little more functions of kidneys and high protein are found.

Stage 3: Close to severe loss of function and developing other diseases.

Stage 4: Severe loss of kidney functions, your very weak and close to kidney failure.

Stage 5: Kidney failure, loss of function of the kidneys. Need Dialysis.

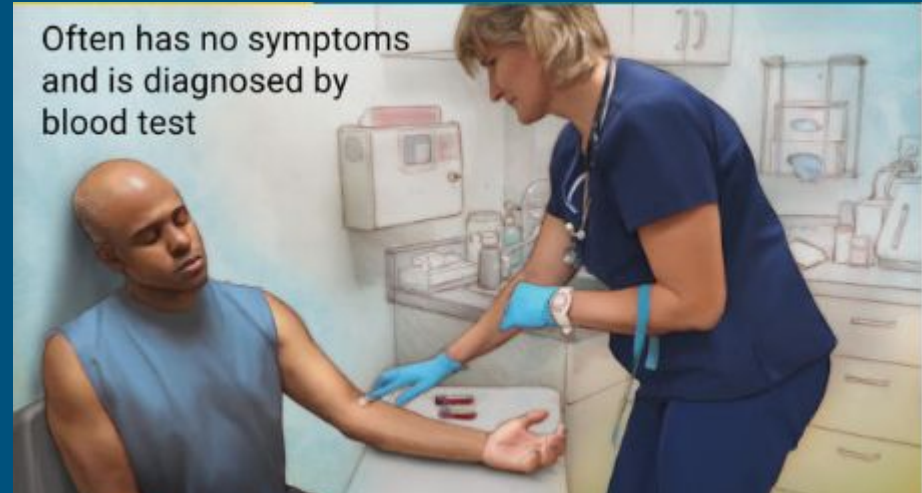


Managing your CKD

At this point you can't reverse the failing of your kidneys but you can slow it down and manage it.

There are 3 steps that you should take while managing it.

- Know your Test Results
- Follow the Doctor's Advice
- Get Support



Know Your Test Results

You have 3 tests that you have to keep your eye on daily.

1. Glomerular Filtration Rate or GFR-

- This test tells you how well your kidneys are working . It measure how much blood is passing through your kidneys. When it goes down you need to go see a doctor.

2. Blood Pressure-

- This test tell you the force of your blood against your arteries. When the blood pressure is too high is can do harmful things to you body including CKD.

3. Blood Glucose

- Having diabetes can damage your blood vessels including the ones in your kidneys.



Follow Your Doctor's Advice

Eating healthy helps you stay more active and help with slowing down the progression of your kidney disease.

Important nutrients: Protein, Sodium, Phosphorus, Potassium.

You cannot have too much or too little of any of them.

Exercise : You should ask a doctor before doing it, but it can make you stronger. Having 30 minutes 3 days a week will be good for CKD patients.

Take Care with Medicines: Making sure you take all your medication is important. When you don't you can cause more harm to yourself because you are not controlling the CKD.

Get Support

When you seeking and then you accept the support from your family and friends or other people then it can make this easy for you. Something like this is hard to process at first so you will need someone to be there for you.

If you are seeking support:

www.kidney.org,

<https://www.davita.com/kidney-disease/overview/living-with-ckd/support-groups-for-people-living-with-kidney-disease/e/4926>

<https://aakp.org/support-groups/>

Treatment Options

There are four main types of treatment options. You will only have to use these treatments if you are at stage five which is complete kidney failure.

Types:

Peritoneal Dialysis

Kidney Transplant

Hemodialysis

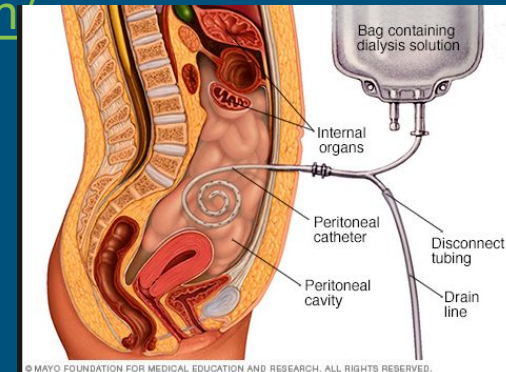
Supportive care, also called palliative care

Peritoneal Dialysis

Peritoneal Dialysis is one of the two types of dialysis. In this type of dialysis you are using the lining of your abdominal cavity it is also called the peritoneum, to filter blood. This treatment is done at home.

For more information visit:

<http://www.kidneyfund.org/kidney-disease/kidney-failure/treatment-of-kidney-failure/peritoneal-dialysis-pd.html?referrer=https://www.google.com/>



Kidney Transplant

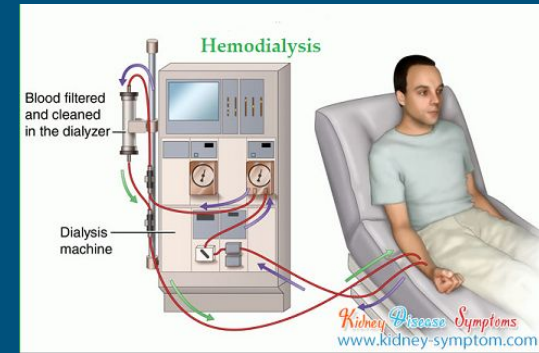
Kidney transplant is when you put a healthy kidney from another person is surgically placed into your body. The new kidney will act as your own.

To learn more about Kidney Transplants visit:

http://www.emedicinehealth.com/kidney_transplant/article_em.htm



Hemodialysis



Hemodialysis is a dialysis that uses your blood to pass through a needle through a tube then to a dialyzer, where it is filtered and cleaned. The dialyzer acts as a kidney. The treatment can happen at home or in center.

For more information:

<https://www.davita.com/kidney-disease/dialysis/treatment/what-is-hemodialysis?/e/1350>

Supportive Care, also Called Palliative Care

Some people decided that doing the other treatment options doesn't seem like a good idea for them. That can be for many reasons. They may have other health issues that are beyond CKD. If you chose not to do anything, doctors are there for the support.

For more information:

<http://www.kidneysupportivecare.org/Home.aspx>



Expert view with Ms. Pat

Ms. Pat was my mentor for this entire project.

The video is an interview I had with her about Chronic Kidney Disease and her expert opinion on it.



Personal Story with LaTanya Acevedo

This is my mother. She shared her story with me hoping that it would help someone going through the same thing as her. She was just there to give her personal experience.



Perceptive from Donna Oglesby

This is my grandmother and she is also LaTanya's mother and she was there for everything that happen. Her story tells you about how it feels to have someone with CKD in your life and what to do to help them.



Centers in Philadelphia

Fresenius Kidney Care Mount Airy

No reviews · Dialysis Center
0.5 mi · Philadelphia, PA
(215) 381-0310
Closed now



WEBSITE



DIRECTIONS

DaVita Northern Philadelphia Dialysis

No reviews · Dialysis Center
3.2 mi · Philadelphia, PA
(866) 544-6741 ext. 6883



WEBSITE



DIRECTIONS

American Renal Associates

No reviews · Dialysis Center
5.8 mi · Philadelphia, PA
(215) 223-1018



WEBSITE



DIRECTIONS

DaVita Ne Philadelphia Dialysis Center

No reviews · Dialysis Center
5.5 mi · Philadelphia, PA
(866) 544-6741 ext. 847



WEBSITE



DIRECTIONS

Fresenius Kidney Care Olney

No reviews · Dialysis Center
2.1 mi · Philadelphia, PA
(215) 548-3704
Closed now



WEBSITE



DIRECTIONS

DaVita South Philadelphia Dialysis Center

No reviews · Dialysis Center
10.2 mi · Philadelphia, PA
(866) 544-6741 ext. 848



WEBSITE



DIRECTIONS

Dialysis Clinic Inc

No reviews · Dialysis Center
4.2 mi · Philadelphia, PA
(215) 848-3127



WEBSITE



DIRECTIONS

Fresenius Kidney Care Northeast Philadelphia

No reviews · Dialysis Center
5.8 mi · Philadelphia, PA
(215) 831-6170
Closed now



WEBSITE



DIRECTIONS

Reliant Renal Care: Cheltenham

No reviews · Dialysis Center
2.9 mi · Philadelphia, PA
(267) 297-8069
Closed now



WEBSITE



DIRECTIONS

Fresenius Kidney Care Overbrook

No reviews · Dialysis Center
6.8 mi · Philadelphia, PA
(215) 452-0178
Closed now



WEBSITE



DIRECTIONS

Belmont Court Dialysis Center

No reviews · Dialysis Center
7.1 mi · Philadelphia, PA
(215) 537-6000



WEBSITE



DIRECTIONS

Fresenius Kidney Care Cambria

5.0 ★★★★★ (1) · Dialysis Center
5.3 mi · Philadelphia, PA
(215) 227-6882



WEBSITE



DIRECTIONS

Bibliography:

<https://docs.google.com/a/slabeeber.org/document/d/1it72oidPnP0shF4dctQSeH7maYUmSaNZnPUyOiGk3Vc/edit?usp=sharing>

Thank you