

# March's Topic: Chronic Kidney Disease

By: Kelly Marx, Pharm.D. Candidate



## HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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## PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

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## Chronic Kidney Disease (CKD) *Know the Basics*

- **What is CKD?**
  - CKD, commonly referred to as chronic kidney failure, describes the gradual loss of kidney function
  - Your kidneys **filter** wastes and excess fluids from your blood, which are then excreted in your urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in your body
- **How common is CKD?**
  - Over the past 20 years, the percentage of Americans with chronic kidney disease has increased to 14%
- **Who is at risk for developing CKD?**
  - **Diabetes** and **high blood pressure** are the most common causes of chronic kidney disease. Having a **family history** of kidney failure increases risk
- **What are the concerns associated with CKD?**
  - Anemia
  - Swelling
  - Altered blood pH
  - Need for dialysis
  - Electrolyte disturbances
  - Weak bones and an increased risk of bone fractures
  - Increased risk of cardiovascular complications... including death!

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### *For more information:*

Please visit the National Kidney Center at

<http://www.nationalkidneycenter.org/johns-hopkins-resource-center/other-resources/>

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## Drugs to AVOID in Severe Kidney Damage

### Antiarrhythmic Agents

Sotalol

Dofetilide



### Antibiotics

Nitrofurantoin (Macrobid)

Voriconazole IV



### Antidiabetic Agents

Metformin

Glyburide



### Osteoporosis Medications

Actonel



### Blood Thinners

Pradaxa

Xarelto

Fondaparinux



### Pain Relievers

Ibuprofen

Aleve

Meloxicam (Mobic)

Celebrex

Tramadol ER



### Potassium-Sparing Diuretics

Spirolactone (Aldactone)

Epleronone (Inspra)

## Signs & Symptoms

- In early stages of chronic kidney disease, you may have few signs and symptoms. Chronic kidney disease may not become apparent until your kidney function is significantly impaired
  - Nausea
  - Vomiting
  - Loss of appetite
  - Fatigue and weakness
  - Sleep problems
  - Changes in urine output
  - Decreased mental sharpness
  - Muscle twitches and cramps
  - Swelling of feet and ankles
  - Persistent itching
  - Chest pain, if fluid builds up around the lining of the heart
  - Shortness of breath, if fluid builds up in the lungs
  - High blood pressure (hypertension) that's difficult to control

## The Stages of Chronic Kidney Disease

- Chronic kidney disease is staged based on glomerular filtration rate, or GFR
- GFR is, essentially, how fast the kidney can filter your blood
- If a patient's GFR is lower than usual, this is typically an indication of kidney damage
- The following are the stages of CKD:

GFR	CKD Stage
≥ 90 + Kidney Damage	Stage 1
60-89 + Kidney Damage	Stage 2
30-59	Stage 3
15-29	Stage 4
< 15 or requires dialysis	Stage 5

## IF YOU HAVE CHRONIC KIDNEY DISEASE, IT IS IMPORTANT TO WORK WITH YOUR DOCTOR ON WHAT MEDICATIONS YOU CAN TAKE!

Many medications require dose changes for patients with decreased kidney function  
Taking this simple step can save your life!

### Treating Complications



#### High blood pressure medications

- People with kidney disease may experience worsening high blood pressure. Your doctor may recommend medications to lower your blood pressure – commonly angiotensin-converting enzyme (ACE) inhibitors or angiotensin II receptor blockers – and to preserve kidney function. Your doctor will likely also recommend a water pill (diuretic) and low-salt diet

#### Medications to lower cholesterol levels

- Your doctor may recommend medications called statins to lower your cholesterol. People with CKD often experience high levels of bad cholesterol, which can increase the risk of heart disease

#### Medications to treat anemia

- In certain situations, your doctor may recommend supplements of the hormone erythropoietin, sometimes with added iron. Erythropoietin supplements aid in red blood cell production, which may relieve fatigue and weakness associated with anemia

#### Medications to relieve swelling

- Medications called diuretics can help maintain the balance of fluids in your body

#### Medications to protect your bones

- Your doctor may prescribe calcium and vitamin D supplements to prevent weak bones and lower your risk of fracture

### What You Can Do



To get ready for your appointment, ask if there is anything you need to do ahead of time, such as limit your diet. Then make a list of:

- **Your symptoms**, including any that seem unrelated to your kidneys or urinary function
- **All of your medications and doses**, vitamins or other supplements that you take
- **Your key medical history**, including any other medical conditions
- **Questions to ask your doctor**, listing the most important ones first in case time runs short



#### Limiting your diet

As your body processes proteins from foods, it creates waste products that your kidneys must filter from your blood. To reduce the amount of work your kidneys must do, your doctor may recommend **eating less protein**. Your doctor may also ask you to meet with a dietician who can suggest ways to lower your protein intake while still eating a healthy diet. Other recommendations may include **avoiding products with added salt** and choosing foods **lower in potassium**.

#### References

1. About chronic kidney disease. [Internet]. National Kidney Foundation. [updated 2015; cited 2015 Feb 26]. Available from: <https://www.kidney.org/kidneydisease/aboutckd>
2. Chronic kidney disease. [Internet]. Mayo Clinic. [updated 2015 Jan 20; cited 2015 Feb 26]. Available from: <http://www.mayoclinic.org/diseases-conditions/kidney-disease/basics/definition/con-20026778>



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## State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

## State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

### **Services Include:**

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management