

Chronic kidney disease (CKD) doctor discussion guide



Bring this list to your next appointment to guide your discussion about CKD. Through frequent, unfiltered conversations, you'll learn how to feel more in control and help your support system discover how to help you on your CKD journey.

CHRONIC KIDNEY DISEASE (CKD)

- What caused my CKD?
 - Do genetics play a role in CKD? Is my family at risk?
 - Can my CKD be cured?
- What do I need to know about CKD and what should I expect next?
- Are there steps I can take to help slow the progression of CKD and prevent kidney failure?
- What symptoms should I look out for to help monitor my kidney function? How can I tell if it's getting worse?
- Will I need dialysis or a kidney transplant?
- How much will my treatment cost and what financial resources are available to me?

TWO POTENTIALLY SERIOUS CONDITIONS ASSOCIATED WITH CKD

- **Hyperkalemia:** *Hyperkalemia or high potassium is when the blood has higher than normal potassium levels, which may cause symptoms such as muscle weakness, numbness or tingling, or irregular heartbeat. However, many patients do not experience symptoms so it is important to speak about hyperkalemia with your doctor.*
 - How does high potassium in my body impact me?
 - What should my potassium level be and how can I find out my current potassium level?
 - If my level is off, what should be my goal and what treatment, medication or lifestyle options do I have to help me achieve it?
- **Anemia:** *Anemia is a condition in which the body doesn't have enough red blood cells. These cells contain hemoglobin (Hb) which carries oxygen throughout your body. When your body is deprived of oxygen, it can leave you feeling drained or exhausted, both physically and mentally.*
 - Can you help me understand what hemoglobin (Hb) is? What is its relationship with anemia?
 - What should my Hb level be and how can I find out my current Hb level?
 - If my level is off, what should be my goal and what treatment, medication or lifestyle options do I have to help me achieve it?

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AstraZeneca 

QUESTIONS ABOUT LIVING WITH CKD

- Can these conditions cause permanent damage to my kidneys?
- How often should I come in for visits and/or be monitored for the associated conditions?
- How will my CKD and its potentially serious conditions affect my life? Will I be able to work, travel and enjoy the things that I love?

HELPFUL MATERIALS TO HAVE ON HAND

- A list of all the medications you are taking
- Recent results from any medical tests (i.e. blood test results)
- Your driver's license or another form of ID
- Your insurance details, if applicable

CHECK ANY OF THE SYMPTOMS YOU'VE EXPERIENCED BELOW TO HELP YOUR DOCTOR DETERMINE IF YOU'RE AT RISK OF OTHER POTENTIALLY SERIOUS CONDITIONS ASSOCIATED WITH CKD

- | | | |
|---|--|--|
| <input type="checkbox"/> fatigue or tiredness | <input type="checkbox"/> dizziness | <input type="checkbox"/> nausea |
| <input type="checkbox"/> shortness of breath | <input type="checkbox"/> fainting | <input type="checkbox"/> trouble breathing, unusual heartbeat, chest pains |
| <input type="checkbox"/> unusually pale skin | <input type="checkbox"/> fast or irregular heartbeat | <input type="checkbox"/> muscle pains or cramps |
| <input type="checkbox"/> weakness | <input type="checkbox"/> headaches | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> body aches | <input type="checkbox"/> sleep problems | _____ |
| <input type="checkbox"/> chest pain | <input type="checkbox"/> trouble concentrating | _____ |

NOTES / ADDITIONAL QUESTIONS

