

# "SKP" Save Kidney Patients

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**LIONS CLUBS INTERNATIONAL** Dist: 324 E4



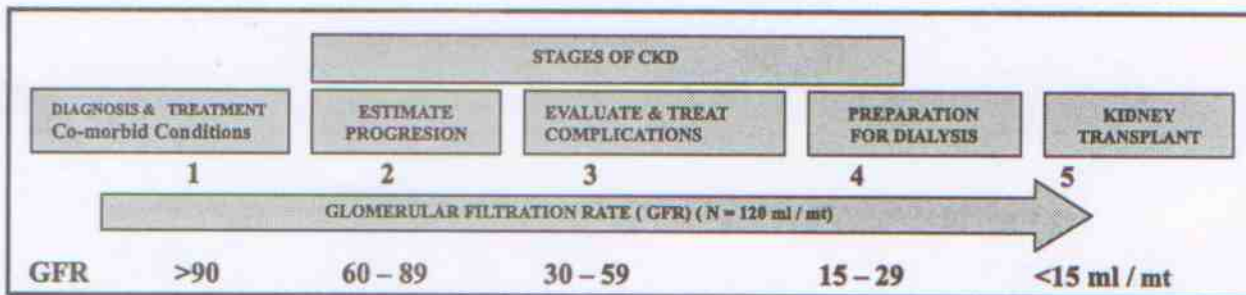
## 1. What is Chronic Kidney Disease (CKD)?

CKD is characterized by gradual and permanent loss of kidney function over time. Upto 15 % of general population may have some degree of CKD. One out of ten patients will have CKD.

## 2. What are the symptoms and signs of CKD?

Even if 60 to 70 % of kidney is damaged one doesn't have any symptoms. Beyond this vague symptoms like swelling of the legs, puffiness of the face, anorexia, loss of sexual functions, tiredness, anaemia etc., are experienced. Patients with CKD are grouped into 5 stages based on evidence of existing kidney function assessed by Glomerular Filtration Rate (GFR).

## 3. What are the stages of the CKD?



## 4. Why should we find out CKD at an earlier stage?

If medications are taken after early detection of CKD, progression of CKD from stage 1 to stage 5 can be delayed. It is important to identify and control co-morbid conditions like diabetes, hypertension, urinary infection, stones and to treat the complications of the CKD like anaemia, low calcium etc., to improve the quality of life and to prevent the progression of CKD into dialysis and kidney transplantation.

## 5. How can we screen for CKD?

Screening for the CKD can be done by simple urine analysis and some simple blood tests in phase I. Those who are found to have abnormalities in the Phase I screening test (@ 15%) are subjected to further blood tests and Ultra Sound Scan (Phase II) and further appropriate treatment modalities can be suggested.

## 6. What Should I do if I am detected to have CKD?

You have the option to choose your Doctor/Hospital for further evaluation. For those who need further evaluation and treatment 'Limit Number' and 'Limit Amount' support is planned by Cochin Kidney Foundation (CKF) (on economic criteria with the available funds)

## 7. Why 'SKP' by Lions District 324 E4?

Unlike AIDS, Cancer and Heart Diseases, CKD has not attracted attention from the major organizations. CKD is a disease of all socioeconomic status, mainly of the lower strata. CKD needs chronic treatment unlike one time treatment for eye or heart, which makes it difficult to implement. CKD will progress, but progression can be delayed if detected & treated easily so that costly treatment like dialysis and transplantation can be avoided / delayed.

**Congratulations Lions District 324 E4 for the SKP Project!**  
Let us implement this for the benefit of CKD Patients.

*Dr. Georgy K. Nainan*

**COCHIN KIDNEY FOUNDATION**