

3.12 Cardiovascular Health - Chronic Kidney Disease CKD

Martin, 53, had a blood test last week. His eGFR was 46. He is on no regular medication and does not take any non steroidal anti-inflammatory drugs over the counter either. He feels well and has no chest pain, or leg pain, with exertion.

Elicit: These blood tests aren't completely normal. Can I just check was there anything unusual about you on the day your blood test was taken. Were you poorly, under-hydrated or had you had a lot of meat in the previous 12 hours?

Martin: No doctor, but I'm not a vegetarian.

Provide: The kidney function test is lower than I had expected, but is not unduly worrying. It might suggest a bit of wear and tear of your kidneys.

Elicit: Are you with me?

Martin: You don't sound too worried about it doctor.

Provide: Not especially. I'd like to see the nurse within the next 1-3 months, to test your urine and to repeat the blood test. Perhaps you could skip meat in the 12 hours before the next blood test....

Martin: Should we be at all worried?

Provide: If you have chronic kidney disease, or CKD, the vast majority of peoples' kidneys carry on working just fine. CKD is mainly a marker that blood vessels have been damaged a little and it tells us that we should work a bit harder to protect you from heart attacks and strokes. Helping you with your blood pressure and cholesterol would be a good idea.