chronic kidney diseas diagnosi treatment chronic kidney diseas ckd stealthi thief slowli rob kidney abil function effect bean-shap organ play critic role health filter wast product blood regul blood pressur produc essenti hormon ckd filtrat process deterior gradual often without notic symptom earli stage howev earli diagnosi comprehens manag plan individu ckd significantli improv qualiti life slow diseas progress unearth ckd often happen routin checkup blood test becom crucial tool reveal elev level wast product like creatinin urea nitrogen indic kidney struggl keep filter duti urinalysi may show abnorm protein blood content hint damag within kidney 's filtrat unit imag test like ultrasound x-ray provid visual assess kidney size structur glomerular filtrat rate gfr calcul base blood test result emerg key player gfr reflect effici kidney filter wast lower valu paint concern pictur progress ckd stage earli diagnosi ideal symptom aris allow time intervent improv long-term outcom cornerston ckd manag lie multi-facet approach lifestyl modif take center stage empow individu take control health dietari chang becom essenti often involv reduct protein intak lessen burden overwork kidney sodium restrict becom anoth crucial weapon help manag blood pressur anoth critic aspect ckd control medic like ace inhibitor angiotensin receptor blocker arb frequent prescrib lower blood pressur offer addit protect kidney address underli health condit contribut ckd like diabet high blood pressur vital smoke cessat becom non-negoti step smoke constrict blood flow kidney acceler declin regular exercis despit fatigu may accompani ckd help maintain physic health overal well-b 's balanc act – find activ promot vital without place undu strain kidney ckd progress later stage kidney lose function dialysi kidney transplant may becom necessari dialysi act lifelin artifici remov wast product blood two main form exist hemodialysi blood circul outsid bodi filter machin periton dialysi util patient 's abdomin caviti line natur filter method advantag disadvantag choic often depend individu circumst prefer kidney transplant offer perman solut replac diseas kidney healthi one deceas live donor provid greater freedom improv qualiti life howev procedur requir care evalu recipi 's health lifelong commit immunosuppress medic prevent reject transplant kidney live ckd requir ongo monitor manag regular doctor visit strict adher medic regimen commit healthi lifestyl crucial optim health well-b support group invalu resourc connect individu ckd share experi find encourag navig challeng condit embrac earli diagnosi proactiv manag self-car individu ckd take control health journey journey may challeng knowledg support commit healthi lifestyl individu ckd chart cours toward healthier empow futur