

CHRONIC KIDNEY DISEASE: STAGE 2

Stage 2 of chronic kidney disease (CKD) is characterized by a mild decrease in glomerular filtration rate (GFR) ranging from 60-89 mL/min/1.73m². Here are some details about Stage 2 CKD:

Symptoms:

- Stage 2 CKD may often be asymptomatic, meaning individuals may not experience noticeable symptoms directly related to kidney function.
- Some underlying conditions, such as diabetes or high blood pressure, may exhibit symptoms associated with those conditions.

Causes:

The common causes of CKD include:

- *Diabetes*: High blood sugar levels can damage the blood vessels and nephrons (functional units of the kidneys).
- *High blood pressure*: Persistent high blood pressure can strain the blood vessels in the kidneys, leading to kidney damage.
- *Glomerulonephritis*: Inflammation of the kidney's filtering units, known as glomeruli, can impair kidney function.
- *Polycystic kidney disease*: Inherited condition characterized by the formation of fluid-filled cysts in the kidneys, which gradually replace normal kidney tissue.

Severity:

- Stage 2 CKD is considered mild, indicating a mild decrease in kidney function.
- The kidney damage detected at this stage is typically determined through laboratory tests, such as blood and urine tests, rather than presenting noticeable symptoms.

Diet Recommendations:

The diet recommendations for Stage 2 CKD are generally focused on managing underlying conditions and promoting overall health.

Some diet considerations for Stage 2 CKD may include:

Following a balanced diet with emphasis on fruits, vegetables, whole grains, and lean proteins.

- Limiting protein intake, especially if proteinuria (presence of excess protein in the urine) is present. The specific protein restriction may vary depending on individual needs, so consulting a healthcare professional or registered dietitian is advised.
- Controlling blood sugar levels if diabetic, through monitoring carbohydrate intake and following a diabetic meal plan.
- Managing blood pressure levels, typically by reducing sodium intake and adhering to blood pressure management guidelines.

Here are some food examples that can be included in a Stage 2 CKD diet:

1. Fruits: Apples, berries, cherries, grapes, peaches, pears
2. Vegetables: Broccoli, cauliflower, carrots, peppers, spinach, kale
3. Whole Grains: Brown rice, quinoa, whole wheat bread, oats, barley
4. Lean Proteins: Skinless chicken or turkey, fish (such as salmon or tuna), eggs, tofu

5. Dairy and Dairy Alternatives: Low-fat milk, yogurt, cheese (in moderation), almond milk, soy milk
6. Healthy Fats: Avocado, olive oil, nuts (in moderation), seeds
7. Fluids: Water, herbal tea (unless fluid restriction is advised)