

CHRONIC KIDNEY DISEASE: STAGE 1

Stage 1 of chronic kidney disease (CKD) is characterized by kidney damage with normal or increased glomerular filtration rate (GFR) of ≥ 90 mL/min/1.73m². Here are some details about Stage 1 CKD:

Symptoms:

- Stage 1 CKD is often asymptomatic, meaning that individuals may not experience any noticeable symptoms.
- In some cases, individuals may have underlying conditions, such as diabetes or high blood pressure, which may exhibit symptoms related to 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 1 CKD is considered mild and has a relatively high GFR, indicating that the kidneys are still functioning normally or near normally.
- At this stage, the kidney damage is typically detected through laboratory tests, such as blood and urine tests, rather than presenting noticeable symptoms.

Diet Recommendations:

The primary focus of the diet in Stage 1 CKD is to maintain a healthy lifestyle and manage underlying conditions, such as diabetes and high blood pressure.

Some general diet recommendations for Stage 1 CKD may include:

- Following a balanced diet with emphasis on fruits, vegetables, whole grains, and lean proteins.
- Limiting salt and processed food intake to help control blood pressure.
- Managing blood sugar levels if diabetic, through monitoring carbohydrate intake and following a diabetic meal plan.
- Staying adequately hydrated by drinking sufficient water, unless advised otherwise by a healthcare professional.

In Stage 1 CKD, where kidney damage is present but the glomerular filtration rate (GFR) is still normal or increased, the focus of the diet is generally on maintaining a healthy lifestyle and managing underlying conditions.

Here are some recommendation that can be included in a diet for Stage 1 CKD:

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)