

SYMPTOMS OF CKD

The kidneys have a great ability to compensate for a loss of function. That is why chronic kidney disease may progress without symptoms for a long time until much of the kidney function is lost. Because the kidneys perform many functions for the body, symptoms of CKD can vary. Most patients have no decrease in urine output even with advanced chronic kidney disease.⁵

- Tiredness and lack of energy
- Difficulty concentrating
- Poor appetite
- Insomnia
- Muscle cramping at night
- Swollen feet and ankles
- Puffiness around eyes, especially in the morning
- Dry, itchy skin
- Need to urinate more often, especially at night
- Pale skin from anemia
- Bruising
- Shortness of breath
- Bone pain

CKD SCREENING SURVEY

The CKD screening survey identifies people who may be at risk for, or already have, CKD. The survey should be completed and taken to a physician for further evaluation if the score is four or more. The survey was created by the Weill Cornell Medical College and the University of North Carolina at Chapel Hill.

Check each statement that is true for you. If a statement is not true for you or you are not sure, put a zero. Then add up all the points for your total score.

I am between 50 and 59 years of age	if yes, __ score 2 points
I am between 60 and 69 years of age	if yes, __ score 3 points
I am 70 years old or older	if yes, __ score 4 points
I am a woman	if yes, __ score 1 point
I had/have anemia (low blood count)	if yes, __ score 1 point
I have high blood pressure	if yes, __ score 1 point
I have diabetes	if yes, __ score 1 point
I have a history of heart attack or stroke	if yes, __ score 1 point
I have a history of heart failure	if yes, __ score 1 point
I have circulation disease in my legs	if yes, __ score 1 point
I have protein in my urine	if yes, __ score 1 point
TOTAL SCORE _____ Points	

* Please print this survey and take to your physician.

If you score four or more points, you have a one-in-five chance of having chronic kidney disease. Only a professional healthcare provider can determine for sure if you have kidney disease.

If you scored between zero and three points, you probably do not have kidney disease now, but at least once a year, you should take this survey or be screened by your physician.