

Why worry about chronic kidney disease (CKD)?

CKD is defined as the occurrence of kidney damage and/or reduced kidney function that lasts for three months or more.

In Australia, CKD is:

Common

- Approximately 1.7 million Australians (1 in 10) aged 18 years and over have indicators of CKD such as reduced kidney function and/or albumin in the urine³.
- Fewer than 10% of the people with CKD are aware they have this condition⁴.
- This means over 1.5 million Australians are unaware they have indicators of CKD.

Harmful

- Kidney and urinary tract diseases are the 9th leading cause of death in Australia, killing more people each year than breast cancer, prostate cancer and road deaths⁵.
- CKD is a stronger risk factor for future coronary events and all-cause mortality than diabetes⁶.

Treatable

- Early management of CKD (lifestyle changes, prescription of ACE inhibitors or ARBs) includes cardiovascular disease risk reduction.
- If CKD is detected early and managed appropriately, then the otherwise inevitable deterioration in kidney function can be reduced by as much as 50% and may even be reversible⁷.

Clinical tip

Management of early CKD includes steps to reduce cardiovascular disease risk. Recommend lifestyle changes and prescribe ACE Inhibitors or ARBs to lower blood pressure and slow the progression of albuminuria.

How much CKD in Australia?



1 in 1400 on dialysis or living with a transplant

Risk of coronary events and all-cause mortality according to the presence or absence of CKD, diabetes, and previous myocardial infarction⁶

