

Chronic Kidney Disease - Detect early and protect Kidney Health

World Kidney Day is March 13th 2025

The theme for this year is “Are your kidneys OK? - detect early and protect kidney health”

Based on research supported by the National Renal Office, the prevalence of chronic kidney disease in Ireland is rising, particularly in adults over 50 years of age, where one in seven have some form of chronic kidney disease. This rises to one in three patients over the age of 70 (TILDA). Chronic kidney disease can have very few symptoms in its early stages, and if it progresses/goes undetected it can lead to an increased risk of cardiac disease, end stage kidney disease (ESKD) and other illnesses.

Taking steps in earlier life to detect and manage chronic kidney disease will significantly reduce your risk of cardiac damage and premature death.

The HSE is pleased to announce that Budget 2025 provided resources to permit the extension of the Chronic Disease Management Treatment Programme to adult GMS patients who have severe (stage 4 or 5) Chronic Kidney Disease. In addition, all adult GMS patients who have early mild (stages 1 – 3) Chronic Kidney Disease will be included in the Chronic Disease Management Prevention Programme. (Commencement date to be confirmed)

TAKE THE QUIZ TO SEE IF YOU ARE AT RISK - <https://www.worldkidneyday.org/kidney-quiz/>

Your GP can do simple, non-invasive, and cost-effective tests to detect Kidney Disease

- **Blood pressure measurements** to check for hypertension.
- **Calculate Body Mass Index (BMI)**, BMI can be calculated [here](#).
- Urine test:
 - Albumin in urine (**Albuminuria**) to assess kidney damage
- Blood tests:
 - **Glycosylated haemoglobin** or **fasting or random glucose** to check for type 2 diabetes.
 - **Serum creatinine** to estimate kidney function.



ARE YOUR KIDNEYS OK?
Detect early, protect kidney health



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