

Understanding Anemia in Chronic Kidney Disease (CKD) and Dialysis

What it is, why it is important, and how it is managed

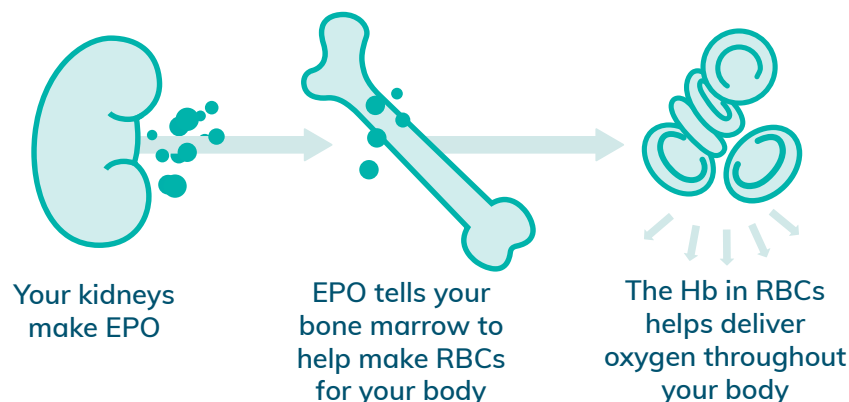
HOW DOES CKD CAUSE ANEMIA?

Anemia is a serious health concern for patients with CKD

- Anemia is when your body does not have enough red blood cells (RBCs) to carry all the oxygen that the body's tissues and organs need to function
- If it isn't treated, anemia can increase the risk of hospitalizations and serious or even life-threatening health complications, such as heart problems and strokes
- Anemia can have a few different causes. One reason for anemia in CKD is that the kidneys cannot help your body make as many RBCs

As kidney disease worsens, the risk of having anemia goes up

- The kidneys naturally make a protein called erythropoietin (EPO)
- EPO helps the body create RBCs and hemoglobin (Hb), which is the part of the RBC that carries oxygen



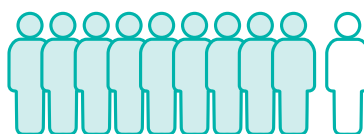
Did you know?

Doctors can measure your Hb levels through a simple blood test. It helps them see if you have anemia and how well it's being managed.

- As CKD progresses, the kidneys make less EPO, which means fewer RBCs and more risk of having anemia

Why is anemia common for patients with CKD on dialysis?

- When people are on dialysis, it usually means that they are at a later stage of CKD. At this stage, the kidneys cannot make much EPO



~90%

of patients with CKD on dialysis will develop anemia*

See other side for information about anemia diagnosis, management, and talking with your healthcare team about anemia.

CKD=chronic kidney disease; EPO=erythropoietin; Hb=hemoglobin; RBCs=red blood cells

*Based on a study conducted during 2021 and 2022 in more than 10,000 patients with CKD on dialysis (3 months+) who had a Hb level less than or equal to 12.9 g/dL.

KEEPING ANEMIA UNDER CONTROL CAN HELP AVOID SERIOUS HEALTH PROBLEMS NOW AND IN THE FUTURE

While your healthcare team monitors your health status, let them know if you feel any new or changing symptoms

- Your doctor will run tests to properly diagnose the symptoms below:



Irregular or unusually fast heartbeats



Tiredness or fatigue



Chest pain



Dizziness



Hard time concentrating



Shortness of breath

Uncontrolled anemia may increase the risk of hospitalizations and additional health complications, which may limit your long-term options like a kidney transplant

- If anemia is not under control and Hb levels are too low, it can lead to the need for blood transfusions to give the body more RBCs
- Blood transfusions can sometimes lead to health problems that may delay or lower the chances of being able to get a kidney transplant—so it is important to partner with your doctor and follow your treatment plan once diagnosed

Talk with your healthcare team to decide on the best treatment option for you

- Fortunately, there are a number of treatment options available for anemia in CKD; discuss the pros and cons of each available option for anemia in CKD and dialysis with your doctor
- You are not alone. There are many people with CKD on dialysis who are being treated for anemia, and you and your healthcare team can work together to keep anemia managed

Treatment options for Anemia in CKD include:



Oral



Infused



Injectable

Here are some questions to think about when you talk with your doctor:



Do you have any questions about the chance of getting anemia?



Has your doctor shared their plan for managing anemia with you?



If you already have anemia, is it under control?

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