

## Management and Effects of Chronic Kidney Disease in Elderly

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Chronic kidney disease (CKD) presents a significant challenge for healthcare professionals, impacting patients across all age groups—elderly, adults, and children. Although CKD is most prevalent among older adults, early detection and intervention can reduce its adverse effects on health and help preserve the quality of life of those affected. The primary goals in CKD management are to slow the progressive decline in the glomerular filtration rate, identify and address complications related to CKD, and ultimately prepare patients for renal replacement therapy when necessary.

Following a CKD diagnosis, identifying its cause becomes crucial. This may involve addressing reversible factors, such as urinary tract obstruction or the use of nephrotoxic drugs, or managing chronic conditions like hypertension and diabetes. Hypertension, commonly seen even from young ages, requires a coordinated approach involving multiple specialists. In this context, family doctors play a pivotal role in screening patients, identifying risks, and referring them to specialists based on the condition's severity or associated complications.

Diabetes, the most common metabolic disorder today, has a substantial impact on kidney function, whether well-controlled or not. Uncontrolled diabetes can drastically reduce the quality of life, contributing to complications like diabetic neuropathy and retinopathy. Proper and timely management of CKD is essential in medical practice, not only to minimize the strain on the healthcare system but also to help maintain patients' quality of life as they progress through the disease.

**Keywords:** chronic kidney disease management, early detection, quality of life, glomerular filtration rate, hypertension and kidney disease, diabetes complications, renal replacement therapy