

Dear Doctor,

Kidney Health Australia is currently running an awareness campaign highlighting the need for people at known risk of chronic kidney disease (CKD) to have their kidney health checked with their General Practitioner.

As you would be aware, early detection and diagnosis of CKD together with new treatments help achieve the best outcomes for patients and can slow progression of the disease by up to 15 years or more.

Based on the patient's self-reported kidney health risk factors we have recommended this patient visit you to discuss their kidney health so you can determine if a full Kidney Health Check is warranted.

Guidelines for the Early Detection of CKD¹

Kidney Health Checks are recommended every 12 months for:

- People living with diabetes or hypertension and First Nations Australians aged 18 years and over

Kidney Health Checks are recommended every 24 months for people with the following risk factors:

- Cardiovascular disease, Current and former Smokers or vapers, Obesity (BMI > 30kg/m²), Family history of kidney failure, Previous acute kidney injury.

It is recommended that all people aged 60 years and over should also have an initial kidney health check, but do not need ongoing surveillance unless they develop other risk factors.

A full Kidney Health Check includes the following:

- blood test to determine **eGFR** (all Australian pathology laboratories will automatically report eGFR with requests for serum creatinine),
- **urine ACR** (albumin: creatinine ratio) test – recommended on a first morning void sample but may be completed on a random spot sample if required.
- blood pressure check

For further guidance on CKD detection and management, please refer to The *CKD Management in Primary Care* handbook that can be found at www.kidney.org.au/ckdhandbook or the CKD GO! App.

Should your patient need additional support or information regarding their kidney health, you can access a range of information, education and support via the Kidney Health Australia website www.kidney.org.au

Kind regards,

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Kidney Health Australia

¹ Kidney Health Australia. *Chronic Kidney Disease (CKD) Management in Primary Care (5th edition)*. Kidney Health Australia; 2024.