



Anaemia of chronic kidney disease and your body and mind

Anaemia of CKD & Me is a series of guides for people with chronic kidney disease (CKD). They have been created with patient organisations and a renal anaemia nurse to make sure they cover information that may be important to you. This guide tells you about the impact anaemia can have on your body and mind. This information can help you to check in with yourself and talk about anaemia with your doctor or nurse if you want to.

The impact of anaemia of CKD on your body and mind

Anaemia is a condition where the body doesn't have enough healthy red blood cells to carry oxygen to its organs and tissues. This can have many effects on your body and mind. For example, you may:

- Feel tired and weak, which makes everyday activities like going up the stairs or walking to the shops more difficult
- Feel dizzy or have difficulty concentrating, which may be a sign that your brain is not getting enough oxygen
- Experience more anxiety and depression than people without anaemia. The symptoms of anaemia can make you feel more nervous or irritable than usual
- Low mood can affect your concentration levels and lower your motivation to do the things you enjoy

Because the signs and symptoms of anaemia can be the same as CKD symptoms, it can be hard to spot them. If you are experiencing symptoms, it is important that you talk to your doctor or nurse.

How are you feeling?

Being diagnosed and living with anaemia of CKD may cause a range of feelings and worries, which can impact your mental health and quality of life. It is important to be aware of how you are feeling, and the impact anaemia is having on your physical and mental health to help you manage it. Here are five questions you can ask yourself to check how you are feeling:



How does my body feel?

Try to recognise aches, pains, stress, or tension within your body. 'Scanning' your body from head to toe is a mindfulness technique to help you connect with your physical and emotional needs. Try asking yourself: 'How do I feel?' and 'Is anything feeling out of the ordinary with my body?'



Am I eating well?

Are you making time to eat mindfully? Are you eating nutritional foods like fruits, vegetables, and whole grains? A balanced diet high in nutrients can help your body and mind. Your doctor or a patient organisation can help advise you with what foods you should be eating.



Am I getting enough sleep?

Improving your quality of sleep can positively impact your wellbeing. Try being consistent with your bedtime. Create a quiet, dark, and relaxing space and avoid using electronic devices like TVs or phones before bed.



Am I moving as much as I can?

It's good to move your body every day even if it is just a light activity, such as a short walk outside. Speak to your doctor or nurse about what physical activities you can do and try setting yourself a consistent daily goal.



Are my thoughts positive or has my routine changed?

Ask yourself: 'Do I feel happy or sad, and why?', 'Is my inner voice overly critical or is it balanced?', 'Have I taken time off work lately or am I less productive than usual?' and 'Have I lost interest in socialising or hobbies that I normally like?' Being aware of how you talk to yourself and practising gratitude can help your wellbeing. You may want to keep a diary of your thoughts to help you to understand and process them better. It might help to reach out to friends and loved ones for support if you are struggling.

Where to access more support or advice

If you are struggling with your mental health, it is important to ask for help and support. If you are looking for information on the internet or asking for recommendations, you should only access resources from trustworthy sources. For example:

- Your doctor or medical team
- Local mental health organisations or charities
- CKD or anaemia patient organisations

This resource has been developed based on insights from an Astellas advisory board with kidney patient organisations. We would like to thank Juan Carlos Julian (European Kidney Patients' Federation), Laurie Cuthbert (Kidney Care UK) and Bintu Bangura (Renal Anaemia Clinical Nurse Specialist) for their role in creating this guide for the patient community.

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Some organisations with information on mental health and psychological support include:

- Kidney Care UK. Free counselling and patient support services, including kidney friendly recipes are available at: [Kidney Care UK website](#)
- European Kidney Patient Federation (EKPF). Reports and papers on living well with kidney disease are available at [European Kidney Patient Federation website](#)



The other guides in the Anaemia of CKD & Me series are:

- About anaemia of chronic kidney disease
- Symptoms of anaemia and chronic kidney disease
- Who anaemia of chronic kidney disease affects
- Getting tested for anaemia of chronic kidney disease
- Managing anaemia of chronic kidney disease
- Symptoms checker for anaemia and chronic kidney disease

Word checker

Red blood cells:	One of the types of cells that make up your blood. They carry oxygen from your lungs to the rest of your body.
Iron:	Iron is a metal, and in very small amounts it is also an essential mineral your body needs to function. The body gets iron from the food that you eat and by recycling dead red blood cells in your body.
Iron deficiency:	The body isn't getting enough iron to make healthy red blood cells, which leads to anaemia.
Patient organisation:	This is typically a not-for-profit organisation that represents the interests and needs of patients, their families and and/or caregivers.

For more information visit the Astellas website at:

www.astellas.com/eu/patient-focus/patient-partnerships.

Please contact us at eupatientpartners-sm@astellas.com if you need this document in an alternative format. References are also available upon request.

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