



Symptoms of anaemia and chronic kidney disease

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 symptoms of anaemia and CKD, so that you know what to look out for and can discuss them with your doctor or nurse if you want to.

Symptoms of CKD and anaemia

Some of the signs and symptoms of CKD and anaemia are the same, which is confusing, so it is important to know what to look for. You should talk to your doctor or nurse if you are worried about any of these symptoms. They can let you know if you need a simple blood test to check if you have anaemia. Spotting and dealing with symptoms early may help stop your CKD from getting worse, or new symptoms from developing.

Symptoms to look out for in CKD include:



Tiredness



Fatigue
(feeling weak and exhausted)



Headaches



Shortness of breath



Chest pains



Trouble sleeping



Having trouble thinking clearly



Weight loss and poor appetite



Swollen ankles, feet or hands – as a result of water retention (oedema)



Feeling sick



Itchy skin



Muscle cramps



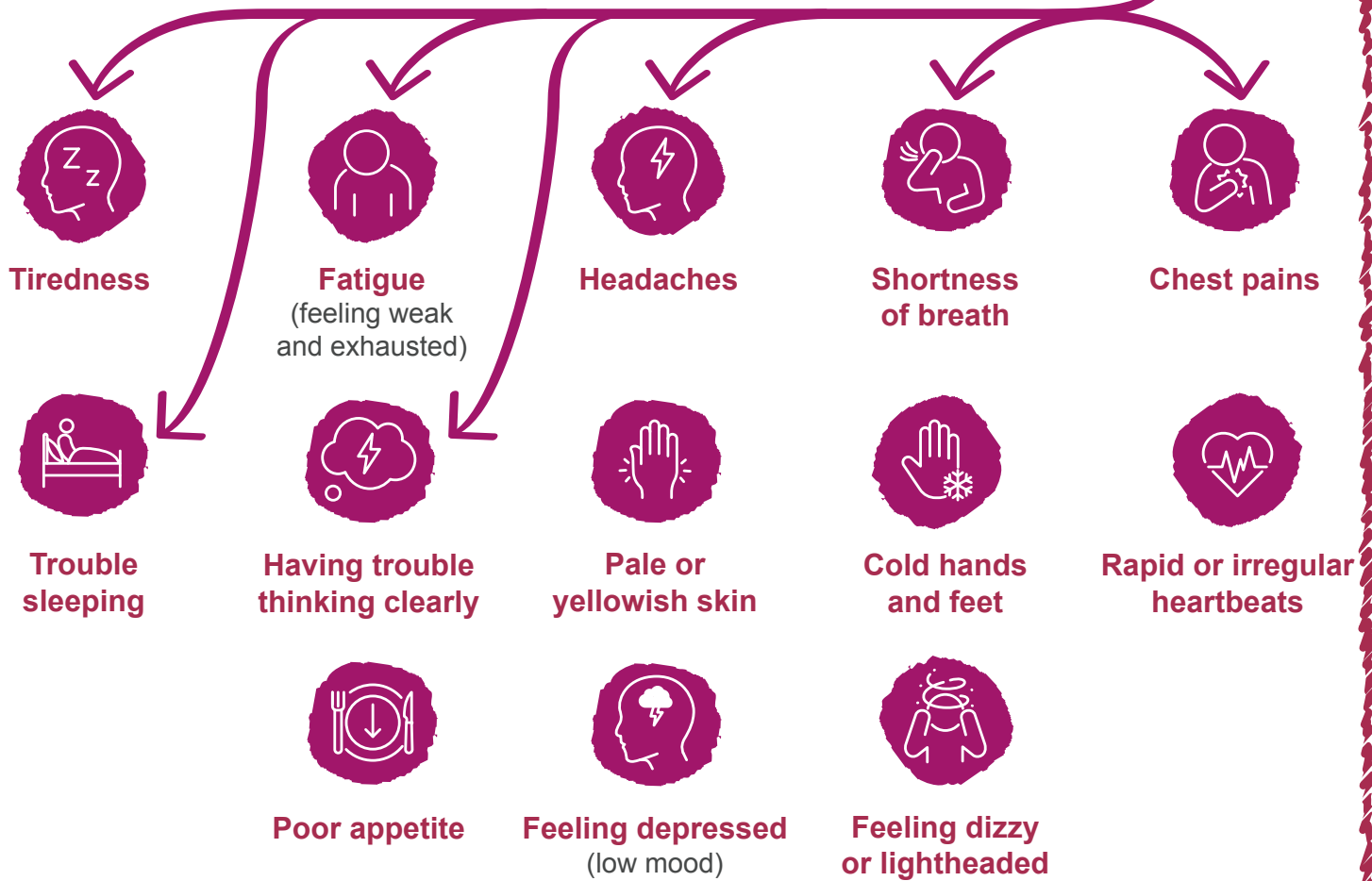
Increased/decreased need to pee



Blood in your pee (urine)

Symptoms to look out for in anaemia include:

also symptoms of CKD



You should ask yourself the following questions on a regular basis to help monitor your symptoms. If you notice any changes, you should talk through them with your doctor or nurse.



Ask yourself these questions:

- Do I have any new symptoms that weren't there before?
- Are my symptoms happening more often, or are they worse than before?
- Do I have low mood, tiredness, and low energy that have meant I've had to reduce my daily activities, struggle with everyday tasks, or miss time at work?

There are other useful resources available to help monitor symptoms of anaemia of CKD. Try using the symptoms tracker in this series, search on trusted websites, in the app store, or ask your local patient organisation for recommendations.



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

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

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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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.

MAT-UK-NON-2023-00249 | July 2023 © 2023 Astellas Pharma Inc. or its affiliates

