



Coping with Chronic Kidney Disease (CKD)

When a person learns that he has kidney disease, many feelings are possible. Some people are in shock or are upset. Others may have a hard time accepting that they have kidney disease. Some may feel angry or guilty. Some people may get depressed or feel down or “blue.” Everyone is different and copes in different ways.

Depression is common in some people with CKD. Watch for these symptoms that may indicate that you are depressed: sadness or irritability, crying more often than usual, loss of appetite, trouble with sleeping, feelings of shame or wanting to “give up”, feeling overwhelmed, and loss of interest in doing the things you usually enjoy doing. If you start to feel these symptoms, you need to contact your doctor for further evaluation right away.

So... It is best to talk about your feelings:

How do you feel about your kidney disease?

How has it affected your mood?

Has it affected your relationship with your family or friends?

Has it affected your ability to work?

Have you felt really “down” or “blue” or depressed?

Have you felt angry?

Do you have trouble accepting that you may need to start dialysis in the future or get a transplant?

To help with these feelings, it is important to learn more about your kidney disease, ask questions to your doctor or nurse, share your feelings with your family or friends, seek support from your loved ones, and do things that make you feel good about yourself. If you become depressed so that you start to lose interest in life and stop doing activities that you enjoy, you should see your doctor as soon as possible.

What can you do to deal with your feelings about your kidney disease in a healthy way? _____
