

Myth vs. Fact: What does a chronic kidney disease diagnosis mean?

Getting a chronic kidney disease (CKD) diagnosis can feel scary. After receiving this diagnosis, it's natural to have a lot of questions and our first instinct may be to search for answers online. But not everything online is accurate. Here, we clear up five of the most common myths about CKD so you can feel more informed and in control.

Myth 1

If I feel fine, my kidneys must be fine.

The truth: CKD often has no symptoms, especially in the early stages.

Many people don't notice any signs of CKD until Stage 4 or 5. That's why your lab results, like your eGFR, matter so much. They can catch changes in your kidney health long before you feel anything. Don't skip your regular check-ins with your doctor, and get labs done when recommended.

Myth 2

Having Stage 3 CKD means kidney failure is guaranteed.

The truth: Many people with Stage 3 CKD can avoid kidney failure if they have a solid care plan.

A Stage 3 diagnosis isn't a countdown clock; it's a signal to start actively managing your health. With a tailored care plan and early action, many people stay stable at Stage 3 for years.

Myth 3

Because CKD always gets worse, managing it won't make a difference.

The truth: You have a lot more control over your kidney health than you may think.

As mentioned above, early detection and working closely with your care team can help slow the progression of CKD. Creating healthy habits such as managing your blood pressure and blood sugar, taking the right medications, and making healthy lifestyle changes can also make a real difference.

Myth 4

Kidney failure happens suddenly, with no warning.

The truth: While kidney failure can happen suddenly after an injury, for most people, it takes a long time to develop.

With early detection and a strong care team, CKD progression can be gradual and closely monitored. Your care team tracks specific markers over time. If dialysis ever becomes a possibility, they'll walk you through your options well in advance. You won't be caught off guard.

Myth 5

A sudden drop in my eGFR means my kidneys are failing fast.

The truth: One lab result doesn't tell the whole story.

It's normal for your eGFR to shift a little from test to test. Things like how much water you drank, a recent illness, or even the lab itself can affect a single reading. Your care team looks at your results and trends over time to understand what's really happening. One number isn't enough to draw conclusions.



We're here to help

Reach out to our care team. They can help answer your questions about kidney health and create the best plan for you.