

COLLECTION EDITOR

Carol Pollock AO, MB BS, PhD, FRACP

MANAGING EDITOR

Marie Lofthouse BSc(Hons)

DEPUTY MANAGING EDITOR

Richa Gandhi BSc(Hons), MSc, MSc, PhD

SENIOR ASSISTANT EDITORS

Kate Murchison BSc(Hons)

Kerrie Lawson PhD, ELS, AE(PEd)

ASSISTANT EDITORS

Aleta van Kerkhoff MSc, GDipClinEpid, ELS

Sally Nicholls BSc(Hons)

Katherine McLeod BSc(Hons), ELS

MEDICAL WRITERS/ASSISTANT EDITORS

Emily Lathlean MB BS, FRACGP

Sasha Ellery BM BCH

PRODUCTION/DESIGN MANAGER

Maria Marmora

GROUP SALES & MARKETING MANAGER

Prue Anderson

SALES & MARKETING CO-ORDINATOR

Chelsea Lay

ACCOUNTS

Pauline Burnard

SUBSCRIPTIONS CO-ORDINATOR

Katrina Lehmann

EDITORIAL CO-ORDINATOR

Amanda Goodsir

PUBLISHER/EDITORIAL DIRECTOR

Judy Passlow

PUBLISHER/MANAGING DIRECTOR

Tony Scott

SYDNEY OFFICE

Suite 503, Level 3

116 Military Road

Neutral Bay NSW 2089

POSTAL ADDRESS

PO Box 1473, Neutral Bay NSW 2089

TELEPHONE (02) 9908 8577

FACSIMILE (02) 9475 0645

EMAIL

Editorial enquiries

reception@medicinetoday.com.au

Production enquiries

mariamarmora@medicinetoday.com.au

Advertising sales enquiries

prueanderson@medicinetoday.com.au

General enquiries

reception@medicinetoday.com.au

Copyright 2025 Medicine Today Pty Ltd.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical or photocopy recording or otherwise) in whole or in part, in any form whatsoever without the prior written permission of the Publisher.

The articles in this collection have been subjected to *Medicine Today's* usual rigorous peer review process. Some products and/or indications mentioned may not be approved for use in Australia. Please review Product Information, available from the manufacturers, before prescribing any agent mentioned in these articles.

This *Focus on chronic kidney disease* collection is printed by IVE Group. Paper fibre is from sustainably managed forests and controlled sources.

COVER IMAGE: © MOHAMMED HANEEFA NIZAMUDEEN/ISTOCKPHOTO.COM

FOREWORD FROM THE COLLECTION EDITOR

Chronic kidney disease (CKD) is a growing global health challenge, driven by the increasing prevalence of diabetes, hypertension, obesity and cardiovascular disease. In Australia, more than two million adults show evidence of CKD, and too many remain undiagnosed until the disease is advanced. Yet, with early recognition and comprehensive, team-based care, its progression can be slowed and its cardiovascular complications reduced.

This *Focus on chronic kidney disease* collection brings together contemporary, practical guidance for clinicians on the front line of detection and management. It underscores the importance of systematic assessment – blood pressure, estimated glomerular filtration rate and urine albumin-to-creatinine ratio – and the need for integrated, multidisciplinary and culturally responsive care that empowers patients and communities alike.

Therapeutic advances now provide the tools to fundamentally alter disease trajectories. The four pillars of therapy – renin-angiotensin system inhibitors, sodium-glucose cotransporter-2 inhibitors, nonsteroidal mineralocorticoid receptor antagonists and glucagon-like peptide-1 receptor agonists – offer proven kidney and cardiovascular protection. When combined with lifestyle measures and patient engagement, these strategies herald a new era in CKD care – one defined by prevention, partnership and possibility.



Professor Carol Pollock AO

MB BS, PhD, FRACP

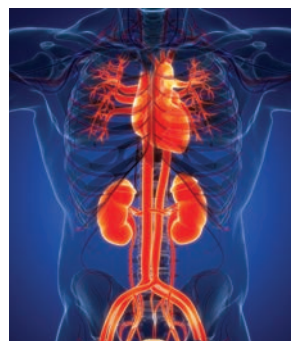
Professor of Medicine at the Northern Clinical School, Kolling Institute of Medical Research, The University of Sydney, Sydney, NSW; Chair of Kidney Health Australia; Chair of the NSW Bureau of Health Information; and Deputy Chair of the Australian Organ Tissue and Transplant Authority.

CONTENTS PEER REVIEWED

Chronic kidney disease: doing simple things well for those most at risk	2
ANOUSHKA KRISHNAN, JAQUELYNE T. HUGHES (WAGADAGAM), KAREN M. DWYER, MARK THOMAS	
Reducing cardiovascular risk in people with chronic kidney disease	8
DANA KIM, SRADHA KOTWAL	
Preventing diabetic kidney disease progression – a 2025 update	15
JEAN C. LU, ELIF EKINCI, DAVID O'NEAL, RICHARD J. MACISAAC	
Diabetic kidney disease: the four pillars of therapy	22
CATHERINE ZHENG, AMANDA MATHER, SARAH ROXBURGH, BRENDON L. NEUEN, JEFFREY T. HA	
Diabetic kidney disease – a new era in therapeutic management	29
PETER KOLOVOS, CAROL POLLOCK AO	



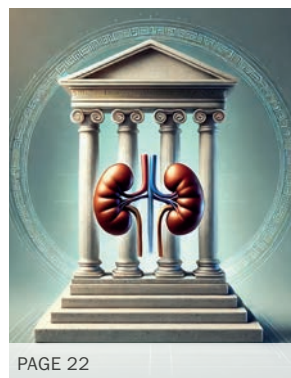
PAGE 2



PAGE 8



PAGE 15



PAGE 22