



WHAT IS CKD?

Chronic Kidney Disease, also known as chronic renal disease or CKD, is a condition where your kidneys lose their ability to work over time. There are five stages of CKD, with Stage 5 requiring dialysis.



WHAT DO MY KIDNEYS DO?

- Filter waste out of your blood
- Make urine
- Maintain blood pressure
- Help produce red blood cells
- Help the body absorb vitamin D
- Help control fluid levels in the body



RISK FACTORS

Kidney disease risk factors can vary, but some common factors include high blood pressure, diabetes, and a family history of kidney disease. Other contributors to kidney disease risk are obesity, smoking, and a diet high in salt and processed foods.



SIGNS AND SYMPTOMS

- Tired/no energy
- Trouble concentrating
- Poor appetite
- Trouble sleeping
- Muscle cramping at night
- Swollen feet and ankles
- Puffy eyes, especially in the morning
- Dry, itchy skin
- Frequent urination, especially at night



FAST FACTS

- 36 million Americans likely have kidney disease
- 9 in 10 do not know they have it
- Early detection and treatment can help prevent kidney disease from advancing to end stage
- Heart disease is the #1 cause of death for people with CKD



DIAGNOSING KIDNEY DISEASE

If you are at risk for kidney disease, ask your doctor for a GFR blood test and to check for albumin in your urine. The GFR test in particular is the gold standard for finding kidney disease. Knowing that number is as important as your blood pressure and A1C numbers. A GFR above 60 is normal, below 60 requires further testing.

