

## Are you the 1 in 7?



**1 in 7 Adult Americans has CKD**  
(Chronic Kidney Disease)

*Are you at risk?*

## What do kidneys do?

- Your kidneys are two organs in your middle back, each about the size of your fist
- Your heart pumps blood through your kidneys, where waste and extra water are filtered out, in the form of urine
- Kidneys balance chemicals in your body, keeping what you need, and removing what you don't need
- Kidneys release hormones that help control :
  - Blood pressure
  - Red blood cell production
  - How your body uses minerals for strong bones and a healthy heart



## What is CKD? (chronic kidney disease)

- CKD means your kidneys aren't working well
- Waste and water build up and chemicals go out of balance, causing problems with blood pressure, heart health, anemia, and bone strength
- You can feel fine and still have CKD in early stages
- CKD can lead to kidney failure and the need for dialysis or a kidney transplant
- Treatment can prevent CKD from getting worse

## CKD and heart disease are linked

- Even early kidney disease **doubles your risk of heart disease**
- Many people have heart attacks or strokes before they are aware they have CKD
- Treating CKD helps your kidney and your heart

## Symptoms of CKD

- **There are often no symptoms at all**
- The only way to know for sure is to be tested
- If you do have symptoms, they can include:
  - Tiredness
  - Loss of appetite
  - Bad taste in your mouth
  - Nausea
  - Weight loss or gain
  - Shortness of breath
  - Swelling of feet, hands, face
  - Itching
  - Trouble concentrating
  - Sleep disturbance
  - Trouble concentrating

# 1 in 7 adult Americans has CKD (chronic kidney disease). *Most don't know it.*

## You are at risk for CKD if—

- You have **diabetes**
- You have **high blood pressure**
- You are **African-American, Native American, Hispanic, Asian, or Pacific Islander**
- You have a **family member with CKD**
- You are **over 60**
- You have **heart or blood vessel disease**



## Are you at risk?

### Ask your doctor about simple screening tests—

- **Blood pressure** check
- Test for **protein in the urine**
- Blood test for **creatinine** (a waste product removed by the kidneys) used to determine **eGFR**, a measure of how well your kidneys are working
- Finding CKD early means you can work with your doctor to treat it and stay healthy



## You can prevent or slow down CKD!

### Here's how—

- Get tested
- Control high blood pressure
- Control diabetes
- Stop smoking
- Ask your doctor about medications that can prevent or slow down CKD
- Lose weight if you need to
- Eat a healthy, low-salt diet
- Exercise for at least 30 minutes, 5 days per week
- Limit alcohol
- Avoid overuse of over-the-counter pain relievers such as Advil, Aleve, naproxen, ibuprofen
- Get regular checkups

*Find and treat CKD early to save your kidneys, your heart, your life.*

living **well**  
with CKD.

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