

Are you the 1 in 7?

What's your risk for CKD?



1 in 7 adult Americans has CKD (chronic kidney disease)

- Most don't even know it
- They feel fine and have no symptoms in early stages
- Kidney disease can lead to kidney failure and dialysis
- Kidney disease can lead to a high risk of death from heart disease

You are at risk for CKD if

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

CKD and heart disease are linked

- Even early kidney disease can double your risk of heart disease
- Many people have heart attacks and strokes before they are aware they have CKD
- Treating CKD early prevents heart problems as well as keeping CKD from getting worse

If you are 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

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 on most days
- Limit alcohol
- Avoid overuse of over-the-counter pain relievers such as Advil, Aleve, naproxen, ibuprofen
- Get regular checkups