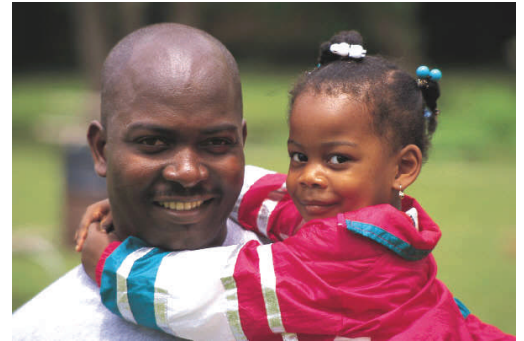


African Americans and CKD (Chronic Kidney Disease)



What is CKD? (chronic kidney disease)

- Your kidneys **remove waste and extra water** from your blood in the form of urine, as well as other important jobs that keep your body in balance
- **CKD** means that your kidneys aren't working well
- If CKD gets worse, it can lead to kidney failure and the need for **dialysis or kidney transplant** in order to stay alive
- CKD greatly increases your risk of death from **heart attack, stroke, and heart failure**

African Americans are at high risk for CKD!

- **Diabetes and high blood pressure**, the leading causes of CKD, are more common in African Americans
- African Americans make up about 12% of the population, but account for **32% of people with kidney failure**
- African Americans are **4 times** more likely to need dialysis or transplant than Caucasians
- Young African American men are **10-14 times** more likely to develop kidney failure due to high blood pressure than Caucasian men in the same age group
- CKD **progresses faster** to kidney failure in African Americans

CKD is silent, with no symptoms in early stages. The only way to tell for sure if you have CKD is to get tested—

- **Blood pressure** check
- Test for **protein in the urine**
- Blood test for **creatinine**, a waste product normally removed by healthy kidneys, used to calculate your **eGFR**, a measure of how well your kidneys are working

There's no cure for CKD, but you can prevent it or keep it from getting worse. 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 at least 30 minutes, 5 days per week
- Limit alcohol
- Don't overuse over-the-counter pain relievers such as Advil, Aleve, naproxen, ibuprofen
- Get regular checkups