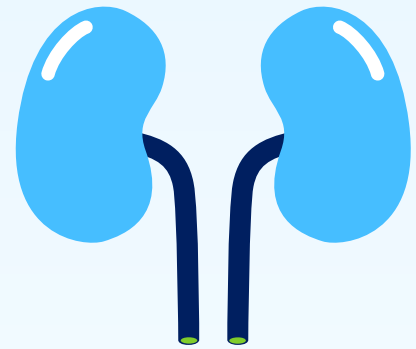


# CHRONIC KIDNEY DISEASE AWARENESS



MARCH 2024

## ▶ WHAT IS CHRONIC KIDNEY DISEASE (CKD)?

**In America, there are 37 million adults who have CKD. There are millions of others at risk for getting CKD and are not even aware of it.**

Chronic Kidney Disease (CKD) is when the kidneys slowly begin to lose their ability to work correctly. They then aren't able to remove waste products from the blood, balance fluid levels, control red blood cell production, or make Vitamin D. CKD affects 1 in 7 American adults, but 90% of the people who have CKD are unaware that they have the condition.

## ▶ WHAT ARE THE RISK FACTORS?



**Diabetes is the biggest cause of CKD, with high blood pressure coming in 2nd.**

Other risk factors include:

- Family with a history of kidney failure
- Being a person of color, specifically: African American, Hispanic American, Asian/Pacific Islander and Indigenous North American

## ▶ IMPORTANT THINGS TO KNOW:



Early diagnosis leads to better outcomes of CKD.

**At your next doctor's visit, discuss with your provider if they would recommend these simple blood and urine screening tests for you.**

One study suggests that screening everyone over the age of 35 would be a cost-effective way to increase life expectancy.

## ▶ HOW DO YOU TREAT CKD?



Maintain regular medical care as recommended by your doctor. Get labs drawn when ordered.



Keep chronic diseases like diabetes and hypertension under control.



Check with your provider about any diet/diet restrictions that may be best for your care. Often a DASH or Mediterranean diet is recommended.



Avoid painkillers, NSAIDs (Ibuprofen, Aleve) and other medications that can cause more damage to kidneys unless prescribed by your doctor. Make sure all of your medical providers know all the medications you are taking, even over-the-counter medications and supplements.



Follow your provider's instructions for fluid intake.



Be sure to exercise regularly.



Keep your weight in a healthy range.



Don't smoke/vape or use nicotine products. Seek help to quit if you do.

### SOURCES:

- National Institute of Diabetes and Digestive and Kidney Diseases. Kidney disease statistics for the United States
- Stanford Medicine News Center. Screening everyone 35 and older for chronic kidney disease would save lives.
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- <https://professional.heart.org/en/science-news/cardiovascular-kidney-metabolic-health-a-presidential-advisory>
- <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>
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