5 Myths & Facts

ABOUT KIDNEY DISEASE

1. Myth: Kidney disease is rare.
   Fact: Kidney disease is the 9th leading cause of death in the U.S.
   More than 31 million Americans have kidney disease, and 1 in 3 is at risk for the disease.

2. Myth: There's nothing you can do about getting kidney disease.
   Fact: Most cases of kidney disease could be prevented.
   Diabetes and high blood pressure cause two-thirds of all cases of kidney failure. Keeping those conditions under control can help you prevent kidney disease.

3. Myth: You'd know it if you had kidney disease.
   Fact: Kidney disease often has no symptoms until the late stages.
   Chronic kidney disease damages your kidneys slowly over time. 9 out of 10 people with early to moderate kidney disease don't know it. It can be detected through simple blood and urine tests. Ask your doctor!

4. Myth: Dialysis is a cure for kidney failure.
   Fact: There is no cure for kidney failure.
   If you have end-stage renal disease (ESRD, or kidney failure), you will need either dialysis or a transplant to live. Dialysis helps do some, but not all, of the work that healthy kidneys do.

   Fact: Kidney stones rarely cause permanent kidney damage.
   1 in 10 people will have a kidney stone, yet the great majority will never develop kidney disease. Kidney stones are rarely left untreated because they are so painful. Prevent kidney stones by drinking plenty of water every day!