

# Kidney Disease

## A Silent Killer Affecting African-Americans

You need your kidneys to live. They clean your blood and help to control your blood pressure, make red blood cells and keep your bones healthy. When your kidneys are damaged and don't work as well as they should, it is called chronic kidney disease (CKD). CKD can get worse over time and lead to kidney failure, stroke, heart attack and death.

**Kidney disease** is threatening the health of millions of Americans.

**In the United States:**

Kidney disease is known as the **silent killer** usually with no symptoms and late diagnosis.

**9 out of 10**  people with kidney disease don't know they have it.

Kidney disease is the **9th** leading cause of death.

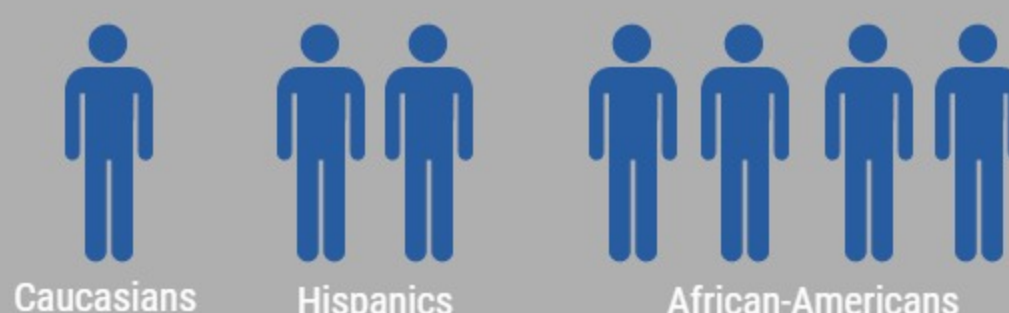


At least **31,000,000** Americans have kidney disease.

**20,000,000** more are at risk of developing the disease.

Most affected by kidney disease: **African-Americans**

African-Americans with kidney disease are more likely to develop kidney failure than any other group.



**African-Americans** are nearly **4X** more likely to develop kidney failure than Caucasians.

**13%** of the U.S. population is African-American, yet accounts for nearly

**1/3** of Americans with kidney failure.

If the **more than 203,000 African-Americans** living with kidney failure went to a concert at Madison Square Garden, they could fill the arena

**10 times over!**

Source: USRDS

**#1** Diabetes is the #1 cause of kidney failure among African Americans.

**#2** High blood pressure is the #2 cause of kidney failure among African-Americans.

### Many cases of kidney disease are preventable. HOW?

1. Get tested for kidney disease. The American Kidney Fund offers free screenings across the country. If you can't attend a screening, talk to your doctor about your kidney health and ask to have your kidney function tested.
2. Maintain a healthy lifestyle and manage chronic conditions carefully.
3. You can help your loved ones prevent kidney disease by sharing what you've learned. Join the fight to prevent kidney disease.

 American Kidney Fund®

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