

VETERANS:

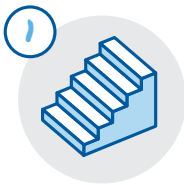
Know how to manage your kidney disease

Knowing the **steps** to manage your kidney disease and prevent kidney failure will help you know life's possibilities.

Approximately **50,000** Veterans are living with chronic kidney disease (CKD).

Over for the past **5 years** the number of veterans living with CKD has gone up almost **6%** every year.¹

Here are **five** things you should **know** as a veteran with kidney disease:



1 Know the 5 stages of kidney disease

The stage of your kidney disease refers to how much damage there is to your kidneys.



2 Know how well your kidneys are working

Urine (pee) and blood tests can tell your doctor how well your kidneys are working and the stage of your kidney disease.



3 Know if you're at risk for kidney failure

People with diabetes are most at risk for kidney failure, which is when your kidneys have stopped working well enough for you to survive without dialysis or a kidney transplant. Kidney failure is also called end-stage renal disease (ESRD) or end-stage kidney disease (ESKD). Every 24 hours, 160 people with diabetes begin treatment for kidney failure.²



4 Know about treatments to prevent kidney failure

The U.S. Department of Veterans Affairs (VA) offers enrolled veterans services that can help prevent, slow down and treat kidney failure, including:

- ✓ Dialysis either at a medical center or at your home
- ✓ Management of blood pressure, anemia, bone disorders & kidney stones
- ✓ Management of kidney disease
- ✓ Screening for kidney disease
- ✓ Kidney biopsy to look for other kidney problems
- ✓ Kidney transplants



5 Know how your VA and care team can support you

The VA employs more than 200 nephrologists (kidney doctors), provides dialysis in over 150 VA medical centers and pays for veterans' dialysis from more than 6,600 VA-contracted community providers.