Kidney Disease: A Silent Killer Affecting Black Americans

Your kidneys are important organs that keep you healthy. They clean your blood, help to control your blood pressure, make red blood cells and keep your bones healthy. When your kidneys are damaged and do not work as well as they should, you have kidney disease. Kidney disease can get worse over time and lead to kidney failure, stroke, heart attack and death.

Kidney disease is known as the silent killer, usually with no symptoms until the late stages. 9 in 10 people with early kidney disease don't know they have it.

37 million Americans have kidney disease. Millions more are at risk of developing the disease.

Most affected by kidney disease: Black Americans. Black people with kidney disease are more likely to develop kidney failure than any other group.

13% of the U.S. population is Black, yet Black people account for 35% of Americans with kidney failure.

If the more than 234,000 Black Americans living with kidney failure went to a concert at Madison Square Garden, they could fill the arena 11 times over!

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 like diabetes and high blood pressure carefully.

3. Help your loved ones prevent kidney disease by sharing what you've learned. Join the fight against kidney disease!

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

High blood pressure is the #2 cause of kidney failure among Black Americans.

Source: USRDS 2020 Annual Data Report

Join the conversation and connect with us!

KidneyFund.org
1-800-638-8299