

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 threatening the health of millions of Americans.

In the United States:

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

Kidney disease is a

Top 10
cause of death

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.



White people



Hispanics



Black people

Black Americans: more likely to develop kidney failure than white Americans

3X

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!

Source: USRDS 2020 Annual Data Report

Many cases of kidney disease are preventable. How?

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

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

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!

Join the conversation and connect with us!



KidneyFund.org

1-800-638-8299

 **American Kidney Fund**
FIGHTING ON ALL FRONTS