Kidney Disease: A Silent Killer Affecting African-Americans

Your kidneys are important organs that keep you healthy. 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 the 9th leading cause of death.
- 30 million Americans have kidney disease.
- 20 million 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.

13% of the U.S. population is African-American yet accounts for 35% of Americans with kidney failure.

Kidney disease is known as the silent killer usually with no symptoms until the late stages.

96% of people w/early kidney disease don't know they have it.

African-Americans are 3X more likely to develop kidney failure than Caucasians.

If the more than 220,000 African-Americans living with kidney failure went to a concert at Madison Square Garden, they could fill the arena 10 times over!

Many cases of kidney disease are preventable. HOW?

1. Diabetes is the #1 cause of kidney failure among African-Americans:
   - 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. High blood pressure is the #2 cause of kidney failure among African-Americans:
   - Maintain a healthy lifestyle and manage chronic conditions carefully.

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

Source: USRDS

Join the conversation and connect with us!

KidneyFund.org
1-800-638-8299