

Know How To MANAGE YOUR KIDNEY DISEASE

More than **726,000** Americans have kidney failure.¹ Kidney failure 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).

And in **3 out of 4** (75%) of them, it is caused by diabetes or high blood pressure.



Special moments in life are still possible if you know how to slow down your kidney disease.



Knowing the **actions** you can take to protect your kidneys from kidney failure will help you know life's possibilities.

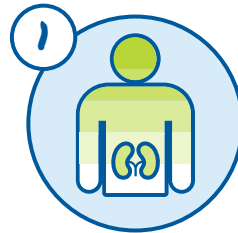
Know more about managing kidney disease at [KidneyFund.org/KnowYourKidneys](https://www.kidneyfund.org/KnowYourKidneys)

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The Know Your Kidneys campaign is made possible with the support of:

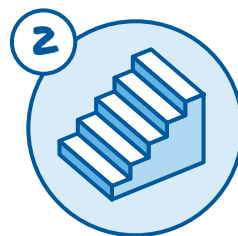


Here are **five** things you should **know**:



1 Know what kidney disease progression means

In kidney disease, progression is not a good thing—it means kidney disease is getting worse.



2 Know the 5 stages of kidney disease

The stage of your kidney disease refers to how much damage there is to your kidneys and how well they are working.



3 Know how well your kidneys are working

Basic urine (pee) and blood tests tell your doctor the stage of your kidney disease.



4 Know about treatments for kidney disease with diabetes

If you have diabetes, talk to your doctor about medicines that can help slow down and prevent kidney failure.



5 Know how your care team can support you

Talk to your doctor about steps you can take to prevent your kidney disease from getting worse.

1. <https://www.cdc.gov/kidneydisease/publications-resources/2019-national-facts>
2. <https://pubmed.ncbi.nlm.nih.gov/15593047/>