Know how to
Manage Your Kidney Disease

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

And, **3 in 4** of them are caused by diabetes or high blood pressure.²

If you have kidney disease, special moments in life are still possible if you know how to slow down your kidney disease.

Knowing the **steps** you can take to protect your kidneys from kidney failure will help you live your best life.

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

1. **Know what kidney disease progression means.** In kidney disease, progression is not a good thing, because it only refers to kidney disease getting worse.

2. **Know the stages of kidney disease.** There are 5 stages of kidney disease referring to how much damage there is to the kidneys and how well they are working.

3. **Know how well your kidneys are working.** Basic urine and blood tests tell your doctor how well your kidneys are working and the stage of your kidney disease.

4. **Know about treatments for kidney disease with diabetes.** There are new medicines that can help slow down and prevent kidney failure for people with diabetes.

5. **Know how to talk to your doctor.** Your care team can support you in keeping your kidney disease from getting worse.

Know more about managing kidney disease at KidneyFund.org/KnowYourKidneys

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2. USRDS 2019 ADR Reference Tables

**KNOW YOUR KIDNEYS**

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