

PREVENT KIDNEY DISEASE

More than **37 million** Americans have chronic kidney disease (CKD).

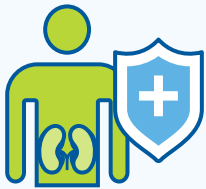


That is
1 in 7
(14%) people

And **9 in 10**
(90%) of them
do not know it.¹



Just like your heart,
lungs and liver, you need
your kidneys to live.



Knowing the **actions** you can take to prevent kidney disease can help you know life's possibilities.

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

KNOW
YOUR KIDNEYS

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



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



1 Know if you are at risk for kidney disease

People with diabetes and high blood pressure are most at risk for kidney disease.



2 Know your blood sugar

If you have diabetes, you can prevent kidney disease by keeping your blood sugar under control. Talk with your doctor about medicines that help prevent kidney disease.



3 Know your blood pressure

If you have high blood pressure, you can prevent kidney disease by keeping your blood pressure under control and working with your doctor.



4 Know how to live healthier

Small life changes make a big difference in preventing kidney disease, such as healthy eating, being active, and limiting alcohol and tobacco use.



5 Know how well your kidneys are working

There are no symptoms in the early stages of kidney disease. The only way to know is to get a simple blood and urine (pee) test.

1. <https://www.cdc.gov/kidneydisease/publications-resources/2019-national-facts.html>