

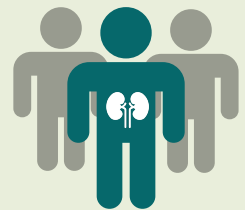
5 Myths & Facts

ABOUT KIDNEY DISEASE

Myth: Kidney disease is not a serious condition.

Fact: Kidney disease is 1 of the top 10 causes of death in the U.S.

Kidney disease is the fastest-growing chronic condition in the U.S. **37 million Americans have kidney disease**, and 1 in 3 is at risk for the disease.



Myth: There's nothing you can do about getting kidney disease.

Fact: Most cases of kidney disease could be prevented.

Though some rare conditions can damage your kidneys, diabetes and high blood pressure cause 3 out of every 4 new cases of kidney failure. Keeping those conditions under control could help you prevent kidney disease.



Myth: You'd know it if you had kidney disease.

Fact: Kidney disease often has no symptoms until the late stages.

Chronic kidney disease damages your kidneys slowly over time—9 out of 10 people with early kidney disease don't know it. It can be detected through simple blood and urine tests. Ask your doctor!



Myth: A kidney transplant is a cure for kidney failure.

Fact: There is no cure for kidney failure.

If you have kidney failure (end-stage renal disease, or ESRD), you will need either dialysis or a transplant to live. A kidney transplant is usually considered the best treatment but kidney failure, but it is not a cure.



Myth: Kidney stones cause kidney disease.

Fact: Kidney stones rarely cause permanent kidney damage.

1 in 10 people will have a kidney stone, yet the great majority will never develop kidney disease. Kidney stones are rarely left untreated because they are so painful. Help prevent kidney stones by drinking plenty of water every day!



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