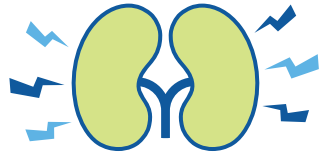


# Know how to MANAGE YOUR KIDNEY DISEASE

More than **726,000**  
Americans have  
kidney failure.<sup>1</sup>



And, **3 IN 4** of them are  
caused by diabetes or high  
blood pressure.<sup>2</sup>



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.



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

2. USRDS 2019 ADR Reference Tables

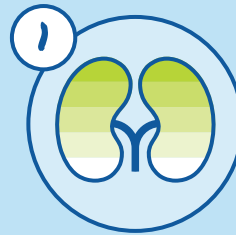
Know more about  
managing kidney disease at  
**[KidneyFund.org/KnowYourKidneys](https://KidneyFund.org/KnowYourKidneys)**

**KNOW**  
**YOUR KIDNEYS**

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

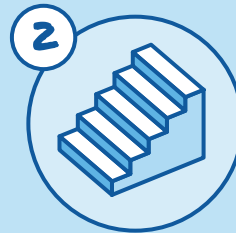


Here are **FIVE** things  
you should **KNOW**:



### Know what kidney disease progression means.

In kidney disease, progression is not a good thing, because it only refers to kidney disease getting worse.



### 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.



### 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.



### 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.



### Know how to talk to your doctor.

Your care team can support you in keeping your kidney disease from getting worse.