

# KIDNEY RISK

Q U I Z

- Do you have diabetes?**
- Do you have high blood pressure or heart disease?**
- Do you have a family history of diabetes, high blood pressure or kidney disease?**
- Are you age 60 or older?**
- Are you African American, Hispanic, Asian, Native American or Pacific Islander?\***

**If you checked any of these items, you are at risk for kidney disease.**

Talk to your doctor about getting simple kidney tests.

*\*African Americans, Hispanics, Asians, Native Americans and Pacific Islanders are at increased risk for kidney disease since diabetes is more common in these groups than the general population.*



**National Kidney  
Foundation®**

**1.800.622.9010  
www.kidney.org**

# About Kidney Disease

- Kidneys are essential to health. They remove toxins from the blood, regulate blood pressure, support healthy bones and tissues and much more. Once kidneys fail, patients need dialysis or a transplant to survive.
- 26 million Americans have chronic kidney disease.
- Most don't know it because symptoms may not appear until the kidneys are actually failing.
- More than 355,000 Americans rely on dialysis to keep them alive and more than 78,000 are on the waiting list for a kidney transplant.
- People with diabetes, high blood pressure or a family history of kidney disease are at greatest risk for developing kidney disease.
- Early detection and proper treatment can slow the progress of kidney disease.

## What You Should Do

If you have diabetes, high blood pressure or a family history of diabetes, high blood pressure or kidney disease...

- 1** Talk to your health care professional about getting simple kidney tests.
- 2** Go to [www.kidney.org](http://www.kidney.org) for information about kidney health, chronic kidney disease and kidney health screenings near you.

**LOVE YOUR  
KIDNEYS**<sup>TM</sup>